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ABSTRACT

Rules for women's field hockey and lacrosse from June 1972 to June 1974 are discussed. Standards in sports for girls and women are detailed as is the Division for Girls and Women's Sports (DGWS) statement of beliefs. Specific articles on field hockey techniques, skills, services available through the United States Field Hockey Association, rules, and game modifications are included. Articles are also presented on rule changes, skills, and techniques in lacrosse. Bibliographies and lists of visual aids for field hockey and lacrosse are included. (BRB)

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Field Hockey-Lacrosse

GUIDE

JUNE 1972 – JUNE 1974

With Official Rules

SP 006 758

Editors

Mary Lou Thornburg, *Field Hockey*

Jackie Pitts, *Lacrosse*

THE DIVISION FOR GIRLS AND WOMEN'S SPORTS

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DIVISION FOR GIRLS AND WOMEN'S SPORTS

The Division for Girls and Women's Sports is a nonprofit educational organization designed to serve the needs and interests of administrators, teachers, leaders, and participants in sports programs for girls and women. It is one of eight divisions of the American Association for Health, Physical Education and Recreation. Active members of the Division are women members of the American Association for Health, Physical Education, and Recreation who are interested in sports for girls and women and who participate in the work of the Division. These women are professional leaders in schools, colleges, community centers, industrial plants, military services, public and private clubs, and agencies.

The purpose of the Division for Girls and Women's Sports is to foster the development of sports programs for the enrichment of the life of the participant.

The Division for Girls and Women's Sports attempts to promote desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating of officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating and disseminating research in the field of girls and women's sports.
6. Organizing various units of AAHPER concerned primarily with girls and women's sports in order to exert effective leadership.
7. Sharing in the interests of other AAHPER divisions and/or sections in promoting sports programs.
8. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.

SPORTS GUIDES AND OFFICIAL RULES COMMITTEE INTEREST INDICATOR

The SGOR Committee is endeavoring to broaden its base of personnel and to strengthen its services to *Guide* readers. The purpose of this form is to offer readers an opportunity to join us in meeting this need. Please complete this form and send it to the SGOR Associate Chairman-elect, whose name and address appear on page 16.

Name_____

Professional Address _____

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2. Would you like to serve as a member of a Sports Guide Committee of your interest?* ____Yes ____No
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   Possible topic or title_____
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   _____
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*You may serve on only one Sport Guide Committee at a time.

DGWS STATEMENT OF BELIEFS

We believe that opportunities for instruction and participation in sports should be included in the educational experiences of every girl. Sports are an integral part of the culture in which we live. Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

We believe that sports opportunities at all levels of skill should be available to girls and women who wish to take advantage of these experiences. Competition and cooperation may be demonstrated in all sports programs although the type and intensity of the competition will vary with the degree or level of skill of the participants. An understanding of the relationship between competition and cooperation and of how to utilize both within the accepted framework of our society is one of the desirable outcomes of sports participation.

We believe in the importance of physical activity in the maintenance of the general health of the participant.

We believe that participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relations.

For these reasons, *we believe* that girls and women of all ages should be provided with comprehensive school and community programs of sports and recreation. In addition, they should be strongly and actively encouraged to take part in such programs.

PROGRAM

We believe that sports programs for girls and women should be broad, varied, and planned for participants at differing levels of skill. There should be full awareness of the wide span of individual differences so that all types, ages, and skill levels are considered in the planning of sports programs. In conducting the various phases of sports programs, principles must guide action. These principles should be based on the latest and soundest knowledge regarding

1. Growth and development factors
2. Motor learning
3. Social and individual maturation and adjustment
4. The values of sports participation as recognized in our culture.

Elementary Schools (grades 1-6)

We believe in planned, comprehensive, and balanced programs of physical education for every girl in the elementary program. These should provide experiences in basic movements—for example, skip-

ping and simple dance steps, bending, reaching, and climbing–and in a wide variety of activities which require basic sport skills such as catching, throwing, batting, and kicking.

We believe that intramural sports experiences in appropriately modified sports activities should supplement an instructional program for girls in grades 4, 5, and 6, and that in most cases these experiences will be sufficiently stimulating and competitive for the highly skilled girl. We believe extramural sports activities, if included in the upper elementary grades, should be limited to occasional play days (sports groups or teams composed of representatives from several schools or units), sports days, and invitational events.

Secondary Schools (grades 7-12)

We believe that in secondary schools a program of intramural and extramural participation should be arranged to augment a sound and comprehensive instructional program in physical education for all girls. Extramural programs should not be organized until there are broad instructional and intramural programs and a sufficient allotment of time, facilities, and personnel for new programs.

Colleges and Universities

We believe that college and university instructional programs should go beyond those activities usually included in the high school program. There should be opportunities to explore and develop skills in a variety of activities, with emphasis on individual sports. It is desirable that opportunities for extramural experiences beyond the intramural program be accessible to the highly skilled young women who wish these opportunities.

Forms of Competition

Intramural competition is sports competition in which all participants are identified with the same school, community center, club, organization, institution, or industry, or are residents of a designated small neighborhood or community.

Extramural competition is a plan of sports competition in which participants from two or more schools, community centers, clubs, organizations, institutions, industries, or neighborhoods compete. The forms of extramural competition include

1. Sports days–school or sports group participates as a unit
2. Telegraphic meets–results are compared by wire or mail
3. Invitational events–symposiums, games, or matches to which a school or sports group invites one or more teams or individuals to participate.
4. Interscholastic, intercollegiate, or interagency programs–groups which are trained and coached play a series of scheduled games

and/or tournaments with like teams from other schools, cities, or organizations.

International Competition involves players from different nations and provides sports experiences for individuals or groups with exceptional ability and emotional maturity. This type of competition under some conditions could include secondary school girls, but usually it is planned for more mature participants.

Corecreational activities are designed to give boys and girls opportunities to participate on the same team against a team of like composition, provided the activities do not involve body contact. The basis for formation of teams should be to promote good team play. We believe that girls should be prohibited from participating (1) on a boys intercollegiate or interscholastic team; (2) against a boys intercollegiate or interscholastic team; and (3) against a boy in a scheduled intercollegiate or interscholastic contest.

ADMINISTRATION

We believe that certain *safeguards* should be provided to protect the health and well-being of participants. Adequate health and insurance protection should be secured by the institution. First aid services and emergency medical care should be available during all scheduled interscholastic sports events. Qualified professional leaders should ensure a proper period for conditioning of players, a safe environment including equipment and facilities, a schedule with a limited number of games, and similar measures.

We believe that sports *officiating* should be the responsibility of those who know and use DGWS approved rules. Officials should hold current ratings in those sports in which ratings are given.

We believe that the entire *financing* of girls and women's sports programs should be included in the total school budget. It is suggested that income be handled as a regular school income item.

We believe that the *scheduling* of sports activities for girls and women should be in accordance with their needs and that their schedule should not be required to conform to a league schedule established for boys and men's sports.

We believe that excellence of achievement should be given *recognition* and that the intrinsic values which accrue from the pursuit of excellence are of primary importance. We believe that, when awards are given, they should be inexpensive tokens of a symbolic type, such as ribbons, letters, and small pins.

We believe that expert teaching and quality programs generate their own best *public relations*. It is suggested that an effective plan be developed for interpreting the values of the sports program to parents, teachers in other fields, and interested members of the

school or college community, including the press. A procedure which has proved successful is to invite key groups to a selection of demonstrations and sports events at different levels, so that they may see effective programs in action.

LEADERSHIP

We believe that good leadership is essential to the desirable conduct of the sports program. The qualified leader meets the standards set by the profession, including an understanding of (1) the place and purpose of sports in education, (2) the growth and development of children and youth, (3) the effects of exercise on the human organism, (4) first aid and accident prevention, (5) understanding of specific skills, and (6) sound teaching methods. Personal experience in organized extramural competition is desirable for the young woman planning to become a leader or teacher of women's sports. The leader should demonstrate personal integrity and a primary concern for the welfare of the participant.

POLICY-MAKING

And finally, we believe that all leaders, teachers, and coaches of girls and women's sports should be encouraged to take an active part in the policy decisions which affect planning, organizing, and conducting sports programs for girls and women. Leaders should make sure that qualified women are appointed to the governing sports bodies at all levels—local, state, national, and international—to ensure that programs are in the best interest of those who participate.

STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following:

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitations of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.
2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

The various services are offered by committees. All requests for information of services should be addressed to the chairman of the committee into whose field of work the inquiry falls. Inquiries which cannot be readily classified should be addressed to the DGWS vice-president.

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DIVISION HISTORIAN–Maintains file of historical records and publications which are available on loan.
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LIAISON–Maintains relationships with allied national sports organizations.
Chairman: MILDRED BARNES, Central Missouri State College, Warrensburg 64093

NATIONAL INTRAMURAL SPORTS COUNCIL–A joint council of DGWS and DMA to provide leadership to initiate and to improve intramural programs at all educational levels.
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OFFICIATING SERVICES AREA–Tests and rates women officials; directs policies of local boards.
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RESEARCH COMMITTEE–Carries out special studies, advises on research problems, edits DGWS research articles.
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Chairman: JANICE PEARCE, Utah State Univ., Logan, 84231

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[1] *Guide* material prepared by 1970-1972 Committee.

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CARLA SORACCO, 907 Cragmont, Berkeley, Calif. 94708

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MEMBER COUNTRIES–1972: Argentina, Australia, Austria, Barbados, Belgium, Canada, Ceylon, Denmark, England, Fiji, France, Germany, Guyana, Hong Kong, India, Ireland, Jamaica, Japan, Kenya, Malaysia, Mexico, Netherlands, New Zealand, Scotland, Singapore, South Africa, Spain, Switzerland, Trinidad, Uganda, United States, Wales, Zambia.

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Business Manager: Doris Viguers, West Marquand, East Northfield, Mass. 01360
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Extension: Mary Jane Miller, 2822 Central Ave., Ocean City, N.J. 08226
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Membership – Sustaining: Helen S. Carty, 5749 Conwell Rd., Brighton, Mich. 48116
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Memorial Fund: Patricia K. Nuckols, Dogwood Farm, R.D. #2, Newtown, Pa. 18940
Nominating – 1972: Tommy Angell, 50 Florida Avenue, Berkeley, Calif. 94708
Nominating – 1973: Bea Toner, 20 Wendell St., Hempstead, N.Y. 11550
Public Relations: Jenepher P. Shillingford, 409 Oak Lane, Wayne, Pa. 19087
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Technical Service Distribution:
Films: Thalia Putney, 2636 Grubb Rd., Wilmington, Del., 19810
Printed Material: Eloise Williams, 617 Gramer Rd., Moorestown, N.J. 08057
Umpiring: Helen Riley, 1532 Second St., Charleston, Ill. 61920
USFHA Sale Items: Jane Morrow, Crane Cottage, East Northfield, Mass. 01360
U.S. Team Captain: Mary Ann Harris, 581 Groff's Mill Road, Harleysville, Pa. 19438

* * *

1972 National Tournament – December 27-30, California State College, Long Beach, Calif.
Chairman: Flora Brussa, 16611 Edgewater Lane, Huntington Beach, Calif. 92647
1973 National Tournament – November 22-25, to be held in Northeast Section

HONORARY MEMBERS

(Members are listed in order of their election and are from the United States unless indicated otherwise.)

1. Helen G. Armfield, England (deceased)
2. Hilda Burr, England (deceased)
3. H. Crawhall-Wilson, Scotland
4. Gertrude East, Scotland (deceased)
5. Nan Hunt, England (deceased)
6. G. M. Inglis, Scotland
7. Sophie Pearson, England
8. Cecily Warner, England
9. Constance M. K. Applebee
10. Helen D. Krumbhaar (deceased)
11. Helen Ferguson (deceased)
12. Cynthia Wesson
13. Anne B. Townsend
14. Edith Thompson, England (deceased)
15. Hilda M. Light, England (deceased)
16. W. A. Baumann, England (deceased)
17. Gertrude Hooper
18. Anne G. Toomey
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21. Helen Bina
22. Barbara Strebeigh
23. Anne Lee Delano
24. Dorothy V. Franklin
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28. Alfreda Mosscrop
29. Marian Pettit
30. Bessie Rudd
31. Betty Richey
32. Harriet M. Walton
33. Marjorie Strang
34. Betty Shellenberger
35. Joyce Cran Barry (deceased)
36. Ethlyn A. Davis
37. Frances Homer
38. Harriet H. Rogers
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41. Ethel T. Kloberg
42. Nancy C. Sawin
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Sectional Officers

Chairman: Catherine Brown, R.R. #5, Box 14, Athens, Ohio 45701
Secretary: Jan Grohe, 26801 Brush Ave., #172, Euclid, Ohio 44132
Treasurer: Donna J. Carpenter, 112 Linden Ct., Ypsilanti, Mich. 48197

Ann Arbor Association (Gray and Red)

President: Dee Dustin, 842 Davis, Apt. 2, Kalamazoo, Mich. 49008
Secretary: Christine Schneider, 5797 Manistique, Detroit, Mich. 48224

Buckeye Association (Red and White)

President: Virginia Hunt, Dept. of P.E. & Athletics, College of Wooster, Wooster, Ohio 44691
Secretary: Carol Durentini, Bowling Green State Univ., Bowling Green, Ohio 43402

Cleveland Association (Hunter Green and White)

President: Jan Grohe, 26801 Brush Ave. #172, Euclid, Ohio 44132
Secretary: Jo Black, 9695 Fernwood Dr., A-21, Olmstead Falls, Ohio 44138

Dayton Association (Navy and Light Blue)

President: Caroline Zimmerman, 644 Suncrest Dr., Springfield, Ohio 45503
Secretary: Peggy Wynkoop, 1115 Clifton Ave., Springfield, Ohio 45505

Detroit Association (Delft Blue and Gold)

President: Barbara Sutton, 17366 Denby, Detroit, Mich. 48240
Secretary: Diane Prescott, 13671 LaBelle, Oak Park, Mich. 48237

Miami Valley Association (Gold and Black)

President: Betty Dillahunt, 200 Wenova Dr., Springfield, Ohio 45502
Secretary: June Kearney, Cedarville College, Cedarville, Ohio 45314

Michigan College Association (Orange and White)

President: Daughn Schipper, Hope College, Holland, Mich. 49423
Secretary: Jean Ann Reilly, Alma College, Alma, Mich. 48801

MIDEAST SECTION (Aqua)

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Secretary: Bertie Landes, Valley St., M.R., Enola, Pa. 17025
Treasurer: Joan Pfeifer, 5 Woodrow Rd., Batavia, N.Y. 14020

Buffalo Club (Brown and Orange)

President: Margaret Moses, Bldg. 3320, Apt. 4, Coachlight Apts., McKinley Parkway, Blasdell, N.Y. 14219
Secretary: Nancy Smith, Room 108, MacDonald Hall, SUNYAB, Buffalo, N.Y. 14214

Central Pennsylvania Association (Navy Blue)

President: Mary Anne Steckbeck, 1201 Colony Ct., Lebanon, Pa. 17042

Finger Lakes Association (Gray and Red)

President: Linda Berner, 114 Woodridge Ct., Apt. 5, Rochester, N.Y. 14622
Secretary: Marjorie Kratz, 14 Woodridge Ct., Rochester, N.Y. 14622

Lancashire Association

President: Jaci Walters, 76 E. Derry Rd., Hershey, Pa. 17033

Pittsburgh Association (Aqua)

President: Jean Heard, R.D. #4, Butler, Pa. 16001
Secretary: Jan Kasnevich, 1318 Vine St., McKees Rocks, Pa. 15136

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President: Ellen Perry, 105 White Building, University Park, Pa. 16802
Secretary: Christine Bozarth, 510 Brumbaugh, University Park, Pa. 16802

MIDWEST SECTION (Burgundy)

Sectional Officers

Chairman: Margery Mates, Rogers Trailer Park, Scott City, Mo. 63784
Secretary: Wanda Green, 1500 W. 6th St., Cedar Falls, Iowa 50613
Treasurer: Ann Small, 1855 Robinwood Lane, Deerfield, Ill. 60015

Central Illinois Association (Powder Blue and Navy)

President: Marilyn Meyer, 626 Sheridan, Apt. 20, Highwood, Ill. 60040
Secretary: Nancy Mikleton, 703 McKinley, Pontiac, Ill. 61764

Midwest College–North Association (Red)

President: Nancy Demmith, c/o WPED, Univ. of Wisconsin, Oshkosh, Wis. 54901
Secretary: Linda Hobbs, c/o WPED, Univ. of Wisconsin, Oshkosh, Wis. 54901

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President: Patricia Hepner, c/o WPED, Western Illinois Univ., Macomb, Ill. 61455
Secretary: Sheila Elias, c/o WPED, Western Illinois Univ., Macomb, Ill. 61455

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Secretary: Linda Pecore, 4080 S. 65th St., Milwaukee, Wis. 53220

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President: Barbara J. Tennessen, 951 - 18½ Ave. N.E., Minneapolis, Minn. 55418
Secretary: Ruth Ann Christianson, 4042 26th Ave. South, Minneapolis, Minn. 55406

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Secretary: Jill Forkner, 1539 S. Wolf, F-1, Wheeling, Ill. 60090

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Secretary: Donna Hunt, 211½ 1st Ave., N.E. Oelwein, Ia. 50662

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President: Carol Medearis, 1075 Raritan, St. Louis, Mo. 63119
Secretary: Connie Travagliante, 10919 Olive St., Creve Coeur, Mo. 63141

NEW ATLANTIC SECTION (Yellow)

Sectional Officers

Chairman: Betty Logan, 300 Walnut Street, Englewood, N.J. 07631
Secretary: Brenda Bolay, R.D. #2, Box 388, Sewell, N.J. 08080
Treasurer: Joanne Smalley, 224 Richards Ave., Barrington, N.J. 08007

Delaware Association (Gold)

President: Mary Ann Hitchens, Apt. 508, 758 Christiana Rd., Newark, Del. 19711
Secretary: Barbara Nielson, 738 Christiana Rd., Apt. 508, Newark, Del. 19711

Long Island Association (Red and Black)

President: Pamela MacCormack, 8 Violet Ave., Mineola, N.Y. 11501
Secretary: Robin Chase, 189-29 37 Ave., Flushing, N.Y. 11358

Mason Dixon Association (Burgundy and Light Blue)

President: Joan McNatt, Mill Pond Acres, Lewes, Del. 19958
Secretary: Judy Stevenson, R.D. #1, Box 184, Georgetown, Del. 19947

New Atlantic College Association (Brown)

President: Mary Rice, WPED, Glassboro State College, Glassboro, N.J. 08028
Secretary: Donna Olsen, WPED, Montclair State College, Montclair, N.J. 07043

New York Association (Navy Blue)

President: Margaret Feuerlein, 1016 N. 3rd St., New Hyde Park, N.Y. 11040
Secretary: Catherine Fitzgibbon, 1576 Taylor Ave., Bronx, N.Y. 10460

North Jersey Association (Forest Green)

President: Patricia Cardamone, 100 Broadway, Clark, N.J. 07066
Secretary: Alice Laine, Russia Rd., Oak Ridge, N.J. 07438

South Jersey Association (Delft Blue and Orange)

President: Eloise Williams, 617 Gramer Rd., Moorestown, N.J. 08057
Secretary: Judith Tignor, 700 Whitney Ave., Glassboro, N.J. 08028

West Jersey Association (Purple)

President: Nancy Jones, Church Rd., Moorestown, N.J. 08057
Secretary: Geraldine Hawthorne, 436 Windsor Dr., Gibbstown, N.J. 08027

NORTHEAST SECTION (Orange and Black)

Sectional Officers

Chairman: Mrs. Walter Melford, 5 Ravine Dr., Hastings-on-Hudson, N.Y. 10706
Secretary: Margaret Manning, 20 Clark Lane, Essex, Conn. 06423
Treasurer: Angela Tammaro, Greenwich Academy, Maple St., Greenwich, Conn. 06830

Boston Association (Orange and Black)

President: Lee Walter, 339 Plain St., Millis, Mass. 02054

Hampshire Association (Red and Black)

President: Doris Viguers, West Marquand, East Northfield, Mass. 01360
Secretary: Donna Eldridge, Box 93, Hampton, Conn. 06247

Klipnockie Association (Black Watch Plaid)

President:

Maine Club (Maroon and Pink)

President: Judy Utman, 42 Temple Ave., Ocean Park, Me. 04023
Secretary: Barbara Rockafellow, 8th Maine Ave., Peaks Island, Me. 04108

Mohawk Association (Dark Green)

President: Diane Kerr, 2179 Foxhill Road, Schenectady, N.Y. 12309
Secretary: Orma Donaha, 1784 Hamburg St., Schenectady, N.Y. 12304

New Hampshire Association (Navy Blue and Gold)

President: Dorothy Diehl, Box 466, New Hampton, N.H. 03256
Secretary: Betsy Katzenbach, Box 531, St. Paul's School, Concord, N.H. 03301

North East College Association

Acting President: Margot Hurst, Kelly Gym., Bridgewater, Mass. 02324

Nutmeg Association

President: Rosemary McGuire, 22 Coventry Rd., Bristol, Conn. 06010
Secretary: Jean Barrows, 6 Broadview Ct., Quaker Hill, Conn. 06375

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President: Beth Bricker, Tootell Bldg., Univ. of Rhode Island, Kingston, R.I. 02879
Secretary: Margaret Bradford, Singletary Rd., Millbury, Mass. 01527

Stuyvesant Association

President: Margery White, 249 Quaker Rd., Chappaqua, N.Y. 10514

PACIFIC NORTHWEST SECTION (Navy Blue)

Sectional Officers

Chairman: Sylvia Moore, 755 N.E. Seavey Rd., #77, Corvallis, Ore. 97330
Secretary: Jackie Rice, WPED, Oregon College of Education, Monmouth, Ore. 97361
Treasurer: Ali Thompson, 2713 107th Ave., S.E., Bellevue, Wash. 98004

Capital City Club

President: Judy Humphrey, 2155 Broad Rd., N.E., Salem, Ore. 97303
Secretary: Bettie Jones, 4041 34th Ave. N.E., Salem, Ore. 97303

Eugene Club (Royal Blue)

President: Karen Meats, Rt. 1, Box 182, Sheridan, Ore. 97378

Oregon Hi Stickers Club (Navy Blue)

President: Irma Penwell, 449 S. High St., Monmouth, Ore. 97361
Secretary: Sandy Rotstein, 1915 N.E. 12th, Portland, Ore. 97212

Portland Club (Purple)

President: Carol Johnson, 4333 N.E. Fremont, Portland, Ore. 97213
Secretary: Carolyn Menegas, 1909 S.W. Madison, Portland, Ore. 97205

Seattle Club (Powder Blue)

President: Margaret Wagner, 10690½ Riviera Pl., N.E., Seattle, Wash. 98125
Secretary: Sandy Rose, 10008 N.E. 16th Pl., Bellevue, Wash. 98004

Tacoma Club (Green and Brown Plaid)

President: Dolores Elliott, 1007 Warner, Sedro Woolley, Wash. 98284
Secretary: Pat Hinneburg, 4244 Kootenai Dr., W., Tacoma, Wash. 98466

PACIFIC SOUTHWEST SECTION (Gold and Brown)

Sectional Officers

Chairman: Dee Sciaraffa, 1903 Penny Pl., Davis, Calif. 95616
Secretary: Donna Fong, 907 Cragmont Ave., Berkeley, Calif. 94708
Treasurer: Linda Shafor, 1642 Lomita Blvd., #18, Harbor City, Calif. 90710

Los Angeles Association (Red and White)

President: Beverly Johnson, 11540 Wyandotte, North Hollywood, Calif. 91605
Secretary: Susan Riebel, 1182 Wanamaker, Apt. B, Covina, Calif. 91724

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President: Marie Sugiyama, 924 College Ave., Santa Rosa, Calif. 95404
Secretary: Donna Betz, 6621 Woodland Pl., Oakland, Calif. 94611

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President: Tish Rentfrow, 1547 Avocado, El Cajon, Calif. 92020
Secretary: Charlotte Knutson, 4834 W. Mountain View Dr. #4, San Diego, Calif. 92116

Upper Valley Club (Maroon)

President: Bettye Swart, 940 Evelyn Lane, Sacramento, Calif. 95825
Secretary: Marlene Robinson, 469 Ainsley Ave., Yuba City, Calif. 95991

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Sectional Officers

Chairman: Elizabeth Williams, 113 E. Germantown Pike, Plymouth Meeting, Pa. 19462
Secretary: Frances McCaffrey, 618 W. Rittenhouse St., Philadelphia, Pa. 19144
Treasurer: Blanche Schultz, 63 W. Fifth Ave., Collegeville, Pa. 19426

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President: Diane Duffy, B-103, Madison Manor Apts., Jenkintown, Pa. 19046
Secretary: Loretta Schebera, 842 Green Valley Dr., Philadelphia, Pa. 19128

Brandywine Association (Red)

President: Sharon Burt, 217 Kent Rd., Ardmore, Pa. 19003
Secretary: Linda Nixon, F303, Madison Manor Apts., Jenkintown, Pa. 19046

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Secretary: Agnes Stegmuller, 30 Lamont Ave., Glenolden, Pa. 19036

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Sectional Officers

Chairman: Barbara Reimann, 7520 Maple Ave, #710, Takoma Park, Md. 20012
Secretary: Frances Homer, Box 92, Riderwood, Md. 21139
Treasurer: Betty Fadeley, 5826 North 27th St., Arlington, Va. 22207

Baltimore Association (Delft Blue)

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Secretary: Cynthia Maycock, 6119 Moorefield Rd., Baltimore, Md. 21228

Baltimore College Association

President: Carol Eustis, Essex Community College, Baltimore, Md. 21232
Secretary: Joan Weyers, WPED, Western Maryland College, Westminster, Md. 21157

Blue Ridge Association (Light Green)

President: Ruth Tergesen, Randolph Macon Women's College, Lynchburg, Va. 24504
Secretary: Dianne Gates, Eastern Mennonite College, Harrisonburg, Va. 22801

Deep South Association (Navy Blue)

President: Sharon Hewell, Converse College, Spartanburg, S.C. 29303
Secretary: Pat Whitley, Catawba College, Salisbury, N.C. 28144

Tidewater Association (Purple and Yellow)

President: Lyn Peple, 8781 Riverside Dr., Richmond, Va. 23235
Secretary: Deborah Egan, 5601 Crenshaw Rd., Richmond, Va. 23227

Washington Association (Red)

President: Ruth Koenigsberg, 8715 First Ave., Apt. 809D, Silver Spring, Md. 10910
Secretary: Carol Shaw, 160 Talnott St., B-5, Rockville, Md. 20852

Washington College Association (Royal Blue)

President: Elizabeth Cooper, 6021 Avon Dr., Bethesda, Md. 20014
Secretary: Hazel Pflueger, 362 Rutgers St., Rockville, Md. 20850

UNAFFILIATED ASSOCIATION

Colorado Association (Navy Blue)

President: Rosamund Putsch, Random Valley, Rt. 1, Parker, Colo. 80134
Secretary: Anne Purnell, 1786 Teller St., #8C, Lakewood, Colo. 80215

USFHA SERVICES AVAILABLE

ACTIVE MEMBERSHIP

Are you interested in playing club hockey? Apply to the nearest local association or club listed in the preceding pages or, if you live in an area where there is no hockey club, the USFHA Executive Secretary. She may know of others in your area who are interested in playing and can help you to start a club.

SUSTAINING MEMBERSHIP

If you are no longer an active hockey player or are in an area where there is no club hockey, but you are interested in the affairs of the USFHA, why not become a sustaining member and keep up with the latest doings in the hockey world? Dues include a subscription to *The Eagle*.

CLINICS AND WORKSHOPS

The USFHA will supply the personnel to staff clinic or workshop groups organized in local areas. Transportation fees for these coaches must be met by registration fees. For further details contact the USFHA 2nd Vice-President, Caroline Haussermann, 20 E. Sunset Avenue, Philadelphia, Pa. 19118.

COACHING

Do you wish the services of a visiting coach to aid the hockey program of your school, college, club, or association? If so, apply to the USFHA Coaching Chairman, Caroline Haussermann, 20 E. Sunset Avenue, Philadelphia, Pa. 19118. The rate is $8 per hour.

THE EAGLE

This is the official publication of the USFHA, published four times a year. The subscription rate is $2. Send to: EAGLE Circulation Manager, Betty Shellenberger, 107 School House Lane, Philadelphia, Pa. 19144.

EQUIPMENT

Does your school need equipment to start field hockey? The USFHA has a number of equipment Loan Kits available. If you would like to obtain one, please contact the USFHA Equipment Chairman, Claire Gentile, G 10009 S. Saginaw, Grand Blanc, Mich. 48439.

INSURANCE

Accident insurance is available for individuals and at group rates for hockey day camps from USFHA Insurance Chairman, Mrs. A. L. Williamson, Bethlehem Pike and Montgomery Rd., Ambler, Pa. 19002.

RULES COMMITTEE

If you have any questions about the present rules of the game of field hockey – the "Code of Rules" of the Women's International Hockey Rules Board – contact the USFHA Rules Interpreter, Angela Poisson, 130 Reut Dr., Stratford Conn. 06497.

TECHNICAL MATERIALS

The USFHA offers films for rental and for sale. See page 72. Printed materials are also available for sale. See page 69-70.

UMPIRING

If you need officials for your games or if you wish information on ratings clinics and examinations for yourself or your students, contact your local umpiring chairman. For listing, see pages 85 to 88. If you are in an area where there is no local or sectional chairman, contact the USFHA Umpiring Chairman, Helen Riley, 1532 Second Street, Charleston, Ill. 61920.

ALLIED MEMBERSHIP

Is your school or college an allied member? In carrying on its objectives "to spread, further, and advance the best interests of field hockey for women and girls in the United States," the USFHA devotes a major part of its organization to schools and colleges. Allied members receive *The Eagle*, official USFHA publication, which contains technical and coaching articles as well as news of special events. Other types of printed material, including booklets, charts and visual aids, film rentals at reduced rates, coaching and umpiring clinics, and exhibition games, are also available to allied members. Schools and colleges may join the USFHA through their local association (contact officers listed on preceding pages) or directly (use application on page 37.)

(Tear Here or Make a Facsimile)

USFHA APPLICATION BLANK

Send to Betty Shellenberger, USFHA Executive Secretary, 107 School House Lane, Philadelphia, Pa. 19144.

Name _____ Date _____

School or College _____

Address _____

☐ My {school / college} wishes to become an Allied Member of the USFHA and encloses the yearly dues of $3.00.

☐ I am interested in playing club hockey.

☐ I wish to become a Sustaining Member of the USFHA and enclose the yearly dues of $5.00.

☐ I wish to become a Life Sustaining Member of the USFHA and enclose the dues of $50.00.

Back row, left to right: J. Moser, R. Cash, M. A. Harris, T. Kesting, B. Heuer, M. Johnson.

Front row, left to right: S. Vaughan, S. Honeysett, V. Gros, B. Miller, S. Wood.

1970 United States Team

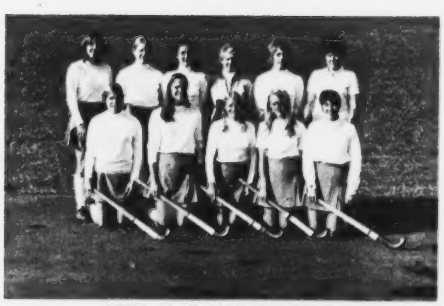
Back row, left to right: S. Wilkins, M. Manning, M. Baile, B. Anders, V. Miller.

Front row, left to right: N. Plantz, S. Pontz, T. Schwenkler, J. Benscoter, J. Smiley.

1970 United States Reserve Team

USFHA TEAMS – 1970

U.S. Team	Position	U.S. Reserve Team
S. Vaughan, Northeast	Left Wing	S. Pontz, Phila.
M.A. Harris, Phila.	Left Inner	B. Anders, Phila.
J. Moser, Phila.	Center Forward	J. Benscoter, Phila.
R. Cash, Phila.	Right Inner	N. Plantz, Pacific SW
B. Miller, Phila.	Right Wing	S. Wilkins, Mideast
S. Wood, Phila.	Left Halfback	V. Miller, Phila.
S. Honeysett, Phila.	Center Halfback	T. Schwenkler, Phila.
B. Heuer, Phila.	Right Halfback	J. Smiley, Phila.
M. Johnson, Phila.	Left Fullback	M. Eldridge, Midwest
V. Gros, Phila.	Right Fullback	M. Baile, Phila.
T. Kesting, Phila.	Goalkeeper	M. Manning, Northeast



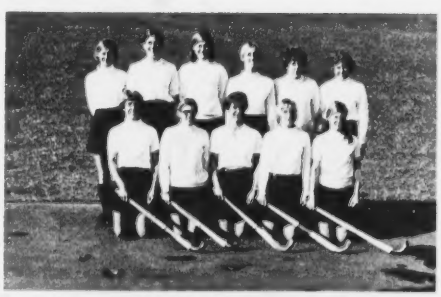
Back row, left to right: D. Wright, R. Cash, J. Smiley, T. Kesting, B. Heuer, S. Vaughan.

Front row, left to right: S. Pontz, H. Alden, M. A. Harris, V. Miller, J. Moser

1971 United States Team

Back row, left to right: B. Miller, H. Marter, B. Anders, S. Wood, K. Brown, T. Schwenkler.

Front row, left to right: N. Plantz, L. Nixon, S. Wilkins, D. Dustin, J. Owens.



1971 United States Reserve Team

USFHA TEAMS – 1971

U.S. Team	Position	U.S. Reserve Team
S. Vaughan, Northeast	Left Wing	L. Nixon, Phila.
M.A. Harris, Phila.	Left Inner	B. Anders, Phila.
R. Cash, Phila.	Center Forward	S. Wilkins, Mideast
J. Moser, Phila.	Right Inner	N. Plantz, Pacific SW
S. Pontz, Phila.	Right Wing	D. Dustin, Great Lakes
V. Miller, Phila.	Left Halfback	J. Owens, Phila.
J. Smiley, Phila.	Center Halfback	B. Miller, Phila.
B. Heuer, Phila.	Right Halfback	S. Wood, Phila.
D. Wright, Phila.	Left Fullback	T. Schwenkler, Phila.
H. Alden, Southeast	Right Fullback	H. Marter, Mideast
T. Kesting, Phila.	Goalkeeper	K. Brown, Phila.

The United States Field Hockey Association
1922-72
Golden Anniversary

JENEPHER P. SHILLINGFORD

Jenepher Shillingford received a B.S. degree from Ursinus College, Collegeville, Pennsylvania, and a master's degree in education from Temple University, Philadelphia. She chaired the Committee To Develop Top Level Play from 1968 to 1972, is a past president of the Philadelphia Field Hockey Association, was a member of the United States field hockey team in 1955-56, and is editor of the recent commemorative program for the golden anniversary of the USFHA. She is an instructor of physical education at Immaculata College, Immaculata, Pennsylvania, and an associate director of the Merestead Hockey and Lacrosse Camps.

The year 1971-72 marks the fiftieth anniversary of the formation of the United States Field Hockey Association, Inc. This organization has as its prime objective "to spread, further, and advance the best interest of field hockey for women and girls in this country."

From one small preparatory school in Connecticut, the USFHA has grown to include 273 clubs/colleges and over 1,000 allied members. The growth of the sport has been as phenomenal as the scores of dedicated women who have perpetuated and developed it. No one individual, district, or school is responsible for this amazing development. Its natural growth has been a combined effort of all.

Hockey Before USFHA

Prior to the formation of the USFHA, field hockey was played sporadically in this country. One summer day in 1901, an energetic Englishwoman studying at Harvard, Constance M. K. Applebee, was discussing the merits of American and English women athletes with Harriet Ballentine, director of physical education at Vassar College, and Dudley A. Sargent and R. Tait MacKenzie, Harvard faculty members. Constance Applebee suggested field hockey as a basis of comparison and was amazed to find that none of her companions understood or knew of the sport.

Triggered by her keen desire to teach and a bit of indignation, the English woman produced the first American game of field hockey in a small concrete yard outside the Harvard gymnasium. It must have been a rare sight indeed – ice hockey sticks, shinny sticks, an indoor baseball, and chalk lines.

The game fascinated Harriet Ballentine and she took Constance Applebee to Vassar and arranged tours for her. For the next 20 years field hockey spread, with these two women spearheading the effort. By 1920, Constance Applebee decided that the "all Philadelphia team" had reached a standard that might measure favorably with the English teams. On October 21, 1920, a pioneer group of 15 women led by Lily Cheston (now Mrs. Charles Myers) set sail for the British Isles. This was the first women's team from the United States to compete internationally.

Formation of USFHA

In January of 1922, after previous planning at Wellesley College, a group of nearly 100 women met in Philadelphia. The group represented some 15 states including California and its purpose was the formation of the USFHA. Helen Krumbhaar was elected president; Cynthia Wesson and Fanny Crenshaw, vice-presidents; Helen Ferguson, secretary, and Mrs. Charles Loring, treasurer. It is to these women that the United States Field Hockey Association owes its birth and sound foundation.

Formation of Sections

Soon after the organization of the USFHA, a second touring team captained by Anne Townsend departed for England, and the following year Ireland came to the states for a tour. By 1926 an intermediate group seemed necessary and the groups of Northeast, Southeast and Midwest became the first sections. In 1927, Pacific Southwest joined; in 1933 Midwest split into Midwest and Great Lakes; in 1939 Southeast split to form Southeast and Middle Atlantic (later to become New Atlantic); in 1939, Pacific Northwest

joined as a section; in 1949 Philadelphia became a section and was quickly followed by Mideast in 1950.

In 1936, the International Conference was held at the Philadelphia Cricket Club, Chestnut Hill, Pennsylvania. Six conference members of the International Field Hockey Association attended. The United States team was captained by Anne Townsend; the USFHA was led by Gertrude Hooper and the IFWHA was headed by Helen Krumbhaar. After the Conference there was a period of tremendous growth.

By our third decade of hockey, the United States was in World War II and the executive committee recommended cancellation of the national tournaments and establishment of an interim committee headed by Alfreda Mosscrop to carry on necessary business. Actually, during this period local areas moved forward on their own so hockey was far from dormant. To aid in the war effort, field hockey players sent three ambulances at a cost of $4,450 each to England. In addition, contributions by clubs, associations, colleges, schools, individuals, and the national group were used to purchase vitamin tablets for English children and to establish a "hockey players dormitory" in a foster parents' home.

By the end of the war, USFHA had grown phenomenally; sections had strengthened; major sectional changes occurred because of growth; *The Eagle*, now the official magazine of the USFHA, was placed on a subscription basis; various types of membership were introduced; the corresponding and recording secretaries were combined to become the executive secretary; a second vice-president was recreated; and England toured the states.

In 1951, with Anne Lee Delano in the presidency, the USFHA enjoyed a celebration of 50 years of hockey participation. A plaque was presented in Constance Applebee's name to Vassar College in commemoration of the college's early part in hockey's heritage. Touring teams continued to exchange visits. A most successful tour sailed to the IFWHA Conference in Johannesburg, South Africa. Captained by Libby Burger and managed by Margaret McVey, it represented the first conference since the war.

1963 IFWHA Conference

In 1963, the IFWHA Conference again returned to the United States. This was to become the first completely amateur women's sports organization to attempt to raise more than $150,000. Members of the associations sold glassware, towels, and candy, ran camps and raffles, and in general seized every fund-raising opportunity. Unbelieveably, the money was raised; in fact, a total of $185,000 was placed at the disposal of the IFWHA tournament chairmen.

There were innumerable highlights in the 1963 Conference – the parade of flags, the superb captaincy of Adele Boyd and vice captaincy of Chickie Geraci, the efficient and knowledgeable managership of Jackie Westervelt, the leadership of Nancy Sawin, the graciousness of Ethlyn Davis, the games, and the players. Perhaps the Association had learned the most important lesson of all – that large as it had grown, communication and cooperation were still the foundations as they had been in 1922. The drawing together of thousands of hockey players across the states in a single effort was an outstanding tribute to our leadership both in 1963 and in the past.

As the Conference drew to a close and President Ethlyn Davis retired, Grace Robertson was elected to the presidency. Only 12 presidents have served the USFHA and Grace Robertson is the only one to serve four terms, a testimony to her leadership and efficiency.

Miscellaneous USFHA Items

Perhaps one of the most interesting facets of any history is the large number of items and issues that recur. For instance, the most discussed group of all, our selection committee, was not formed until 1924; it has gone from three members to nine to seven and is now being re-evaluated.

In 1924 the umpiring committee was formally organized. It is hard to believe that nearly 25 years of hockey were played without organization of the officials. The idea of a squad program was initiated in 1936 and finally in 1967 the squad program was implemented to develop the strength and depth of top level field hockey.

The Eagle, the official publication of the USFHA, has operated in the red and in the black. It has been compared favorably to its British counterpart, *The Hockey Field,* and has been named a disaster. Its most consistent blessing seems to be constant criticism.

There have been problems even with equipment and technical materials. In the thirties, it was estimated at one time that 42 colleges, 10 schools, 5 local associations and 1 club had rented the same film. Equipment committee reports have been popular as reading material and historical sources. In 1932 statistics tell us that in a five-year period some 500 sticks, 100 pairs of shin guards and 5 sets of goalkeeper's equipment were received and distributed to 25 groups in 10 states. Later some 840 sticks, 52 pairs of shin guards and 4 goalkeeper's sets, and 6 balls were distributed. After the war, the revised equipment committee set about finding its equipment. It came up with 402 sticks, 61 balls, 101 pairs of shin guards and 15 sets of goalie pads; two years later these figures had mysteriously multiplied to 800 sticks, 242 pairs of shin guards, 80 balls and 50 sets of goalkeeping equipment.

Records

Many outstanding players have passed through hockey's hall of fame. Mary Ann Harris, Betty Richey, Betty Shellenberger and Anne Townsend have all represented the U.S. or U.S. Reserve team at least 15 times. Anne Townsend holds the unequalled record of having captained the U.S. team for 14 years. Frances Elliot and Vonnie Gros have been selected to 14 teams, while Anne McConaghie Volp, Barbara Strebeigh, Eleanore Pepper, Alice "Putty" Willetts, Alison Hersey, Pat Nuckols and Harriet Walton have all placed on teams more than 10 times.

And what of the many touring teams and our records? In 1931, an American team defeated Scotland 4-3 for the first win over a foreign team on our soil. In 1936, the U.S. lost to England in the last few minutes, 4 to 3. In 1961 Brandywine of Philadelphia defeated England B 2-1 and in 1970 the United States, led tenaciously by Captain Vonnie Gros, defeated an English team in a "come from behind" 2-1 victory. These are some of the highlights. There have been many losses along the way, but the consistency and strength of hockey will continue to grow.

Conclusion

From the sturdy pioneers of the 1900s to the present day, the USFHA has stood for the same principles. We stand now on the threshold of another 50 years of field hockey. We must look to the future, but not without a study of our past. We have a proud and esteemed heritage from which all of us can learn.

We stand in a position that is vulnerable financially, that is in need of re-structuring, that *must meet* communicative needs, and that is fraught with phenomenal growth. The task ahead is formidable indeed, but our greatest assets – our heritage, our common love for this sport and our leadership – will prevail.

Presidents of the USFHA:

Helen Krumbhaar (deceased)
Cynthia Wesson
Anne B. Townsend
Gertrude Hooper
Alfreda Mosscrop
Susanne R. Cross
Ethel Kloberg
Anne Lee Delano
Nancy Sawin
Ethyln Davis
Grace Robertson
Phyllis Weikart

You, Your Stick, and a Stopwatch

JACKIE WESTERVELT

Jackie Westervelt is a graduate of West Chester State College, West Chester, Pennsylvania. She has taught physical education in the public schools of suburban Philadelphia. A past member of U.S. teams and U.S. reserve teams, she is a national umpire and has been a member of several U.S. selection committees. She has been president of the Philadelphia Field Hockey Association, is an honorary member of that organization, and served as its official coach for several years. In 1959 she was the coach and manager of the touring team to the IFWHA Conference at Amsterdam and in 1963 served in the same capacities for the Conference team at Goucher College, Baltimore, Md. She was the coach of the U.S. squad in 1960 and 1961 and has been a director of the Towers Hockey Day Camp since 1946.

A great international player does not just happen. Behind each player there are good coaches, matches with other top players, and *many* hours of training and practice. The season in the United States is very short; this makes it difficult for our players to match the fine stickwork and superb condition of our friends from abroad. Hard practice on your own is a *must* if you desire to make a U.S. team and compete in international tournaments and matches.

After you leave school it is not always possible to train and practice with your teammates. To compete successfully in international competition you must have excellent stickwork and top-notch conditioning for the 70 minutes play in a match. Once on your own there is no easy way to train. The general principles of training are: (1) gradual warm-up; (2) regular and increased work load; (3) overload to improve endurance; and (4) recovery or recuperation.

Many series of exercises are useful to develop strength and endurance. The U.S. squad members have used a variety of methods to get into condition. Any one of these series will help you achieve your goal.

I. Tasmanian Exercises

A. Sprint 16 yards 13 times, touching line with your hand each time.

B. Stand with your right side against a wall with your right arm overhead. Touch the floor with your right hand 10 times. Do

the same thing with your left side against the wall, touching the left hand.

C. Stand with your back against a wall. Do 10 knee bends.
D. Do 10 sit-ups with your hands behind your neck.
E. Do 10 burpees (squat thrusts; return to stand with arms over head).
F. Do 10 step-ups on bench or stool.
G. Skip rope 200 times.

Time yourself as you run through this series and increase your speed each time you exercise.

II. Lady Edenborn Exercises

Joan Edenborn Stiles, one of the outstanding former U.S. players devised several sets of training exercises. One of these is:

Daily Individual Program – One Half Hour.

A. *Warm-up*

Walk and jog around gym, five minutes around block or track. Keep up deep breathing and stretching.

B. *Exercises*

1. Do sit-ups, counting number done for one minute. Increase number (applicable to each exercise).
2. Lie on back with feet up, apart, together, down – two minutes.
3. On back, raise trunk just until you see heels – hold it and count.
4. Do side leg raises right and left – one minute each side.
5. Do pushups from knees for one minute.
6. Jump rope for two minutes and increase speed last half.
7. Walk two minutes and stroke windmill fashion with deep breathing.
8. Do deep knee bends for two minutes.
9. Hop on right and left foot for two minutes.
10. Do alternate toe touching – one minute.
11. Jog one minute, then walk one minute.
12. On stationary bicycle, pedal for two minutes. Someone applies resistance to back wheel.
13. Walk a lap.
14. Run in place – 2 minutes and hold breath 15 seconds.
15. Walk four laps.

III. Walk, Jog, Run Exercises

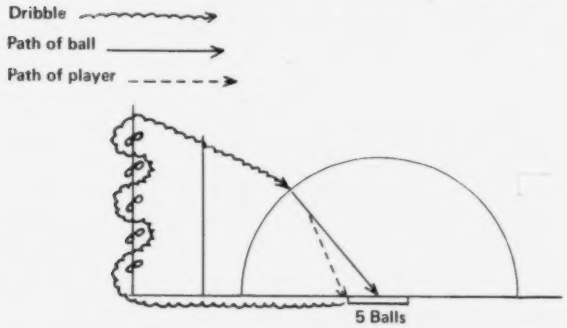
A. Do warm up walking and jogging about 10 minutes.
B. Run 50 yards; jog 50 yards; walk 50 yards (repeat five times).
C. Sprint 50 yards; jog 50 yards (repeat five times).
D. Repeat B and C.
To develop cardiovascular respiratory endurance, follow the above with distance running, increasing your distance each week.

IV. Stopwatch Drills

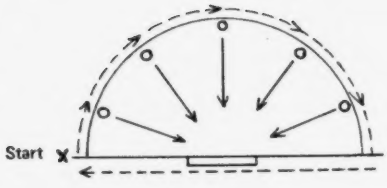
The use of a stop watch to check your improvement is a stimulant to practice.

A. Set up five markers five yards apart on the side line. Place five balls beside the goal cage and start the stop watch. Dribble the first ball along the end and side line going in and out of markers to the edge of the circle and shoot for goal. Run and pick up next ball and continue five times. Stop the stop watch and add 2/10 of a second for each ball missing the goal.

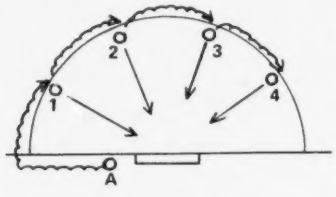
Change the markers to the other side of the goal and repeat. Repeat both of the above using a flick instead of a drive.



B. Place five balls in the striking circle.
1. Start the stop watch, run from Spot X and drive each ball into the goal cage, run and stop the watch. Add 2/10 of a second for each missed shot.
2. Repeat starting from the opposite side.
3. Repeat 1 and 2 using a flick instead of a drive.



C. Place four balls on the striking circle and one ball at spot A near the goal cage. Start the stop watch, dribble ball A along end line and circle past ball 1 and drive into the goal cage. Dribble ball 1 around ball 2 and drive for the goal cage. Continue until all five balls have been driven at the cage. Stop the watch and add 2/10 of a second for each missed shot.

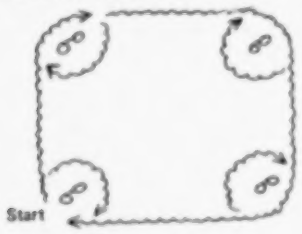


D. Four Corner Drills
Four markers are set 25 yards apart. Use a stop watch for each drill.
1. Dribble clockwise for speed around markers.
2. Dribble clockwise and circle each marker.
3. Push pass, hit, or flick to yourself at each corner; if the ball fails to reach the next marker, dribble only to reach the marker.

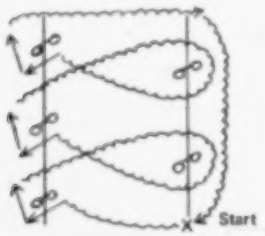
V. Ways To Practice Other Skills Alone

A. Dodges
1. A new dodge has developed as an outgrowth from the use of acceleration as the player meets an opponent. To practice this dodge, place markers or pinnies 20 yards apart, dribble toward the marker keeping your body behind the stick and the ball, accelerate as you pass the marker.

2. Reverse stick dodge – dribble straight at a marker, reverse stick and accelerate as you pass the marker, going by on the right.
3. Nonstick dodge – dribble straight at the marker, accelerate, push ball to right of marker as you go to the left.
4. Pull to dodge – dribble straight at the marker, pull ball left of marker, push ball behind to the right accelerating as you push.
5. Scoop – use a bench, marker, or bucket.
   a. Dribble straight toward obstacle, scoop and accelerate.
   b. Dribble straight toward obstacle, stop ball, scoop, and accelerate.



6. Zig Zag – Combining dodges.
   Using five markers, three on the outside alley line, and two on the inside, dribble to marker 1, do a pull to dodge around marker, dribble clockwise around marker 2 using small lifts or scoops and continue as per diagram.



B. Tackles

1. Circular Tackle
   Pretend you are a left halfback taking a roll-in, roll the ball with your right hand, run after it, making a circular tackle to pick it up, use a small lift as you circle, and accelerate back to place.
2. Left-hand Lunge
   Pretend you are a right halfback taking a roll-in, roll the ball with your left hand, run after it and *reach* and lunge, moving your feet around quickly as you get both hands on the stick. Do a pull-to push behind dodge or scoop and accelerate back to place.

Study yourself. What skills does a player in your position need? What skills do you as an individual need? The drills mentioned here may not fulfill your particular needs. Be inventive and create some of your own to make practicing alone more enjoyable and to make yourself a more skillful player.

A Conference Report: The Pool System

MARILYN O'NEILL

Marilyn O'Neill graduated from Boston-Bouvé College and is a health and physical education teacher at Conestoga Senior High School, Berwyn, Pennsylvania. A former U.S. player and president of the Brandywine Association, she was manager of the USFHA touring team to the 1971 IFWHA Conference as well as manager of the 1970 USFHA touring team to Zambia.

Many reports, lectures, and compilations have been recorded since the 1971 International Conference in New Zealand. Some of the subjects covered are comparable defenses and/or attacks, umpiring, and stickwork.

One topic, the pool system, is of special interest to this author. For the first time in conference play the pool system was initiated. It was a tool used for deciding divisional play the first round. Four teams were seeded, each in a different division, according to their past conference standing. These teams were Australia, England, Germany, and the Netherlands.

To complete the divisions, again the teams were placed in the four groups on the past record or experience at the International Conference just prior to New Zealand. For the first round, the divisions were as follows:

Division A	**Division B**
Australia	England
Belgium	India
Canada	Japan
Scotland	New Zealand 23's
Division C	**Division D**
Fiji	Germany
Ireland	Malaysia
Netherlands	New Zealand
United States	Wales

The four divisions' winners of the first round were placed together. The second place winners met each other, third place teams were decided, and the teams with the poorest records made up the last division. For the second round, the divisions were as follows:

Division A	Division B
Australia	New Zealand 23's
England	New Zealand
Germany	Scotland
Netherlands	United States

Division C	Division D
Canada	Belgium
Ireland	Fiji
Japan	India
Wales	Malaysia

In the second round each country was, for the most part, competing against teams with comparable skills and levels of play, which made for better play and again a chance to champion that division. The final standings for the Conference in each division were as follows:

Division A	Division B
Netherlands	New Zealand
Germany	Scotland
Australia	New Zealand 23's
England	United States

Division C	Division D
Wales	Belgium
Canada	India
Japan	Malaysia
Ireland	Fiji

There are, as in any system, problems to be solved and/or to guard against in insuring fair opportunities for all. Winning and scoring goals is so important in the first round to insure a good second round draw that reserves do not have much opportunity to play. Unless players are completely subsidized financially, they perhaps have legitimate cause to expect equal playing time, a point for countries to ponder. We must also guard against the temptation to sacrifice standards and values in the attempt to win.

There seemed, to this author, to be excellent reasons for this pool system. Foremost, the divisional system was interesting and exciting. Each country had the opportunity to end on top, a chance to win it all. The teams with the best previous conference records were not put in the position of playing each other in the first round. Scoring

goals became paramount, as goals could decide the winner between two teams drawing even at the end of the round.

Overall, the players seemed to like the pool system. There are problems to be worked out, as with any innovation, but for the most part, it seems a good step forward.

U. S. Team and Record

Forwards	*Defense*
Anders, Beth	Baile, Mikki
Cash, Robin	Gros, Vonnie, Captain
Moser, Joan	Heuer, Bonnie, Vice-Captain
Plantz, Nancy	Johnson, Marcie
Pontz, Shelby	Kesting, Trudy
Vaughan, Sherrill	Miller, Val
Wilkins, Sally	Schwenkler, Trudy
	Wood, Sandy

Auster, Marge, Umpire

Pre- and Post-Conference Games

U.S. vs.	Scotland	1-1
	Ceylon	3-0
	South Australia II	4-1
	South Australia	2-0
	Tasmania	2-2
	Devonport	3-1
	Otago	4-1
	Ashburton	2-0
	Buller	4-1
	Nelson	4-0
	Malaysia	6-0
	Hong Kong	10-0
	England	0-2
	Tokyo	5-0

Won 11 Lost 1 Drew 2

Conference Games

U.S. vs.	Fiji	2-1
	Netherlands	2-2
	Ireland	0-0
	New Zealand 23's	0-0
	New Zealand	0-3
	Scotland	0-1
	Wales	1-1

Won 1 Lost 2 Drew 4

Final Record

12	Wins
3	Losses
6	Draws
Goals For	55
Goals Against	17

See the World, Play Hockey!

SHERRILL VAUGHAN

Sherrill Vaughan received a B.S. degree in education from Washington University in St. Louis and is presently teaching physical education at Curtis Junior High School in Sudbury, Massachusetts. She has played for both the Midwest and Northeast sectional teams and was named U.S. left wing in 1970 and 1971. She was a member of the IFWHA Conference team in 1971.

International competition, probably more than any other aspect of field hockey, offers a player the opportunity to spread goodwill, make new friends, and observe different techniques and styles of play. The feeling one gets when hearing "The Star Spangled Banner" and watching the flag being raised on foreign soil is one of pride, gratitude, and excitement.

My experience began in November, 1970 when the official touring team was announced at the National Tournament. I couldn't believe I was actually going around the world on a hockey tour. There was much personal preparation and physical conditioning involved in getting ready.

Each member of the team was expected to be in *top* shape by our departure on July 17, 1971. Aside from our own individual practice and training, we attended weekend practices where we were coached in stickwork, strategy, and game play. Two weeks before our departure we had a full week practice session.

Pre-Conference Tour

Ceylon was our first official stop. We were treated royally and thoroughly enjoyed our side trips to the beach and our introduction to Ceylonese pineapple and curry. I might mention that one does more on a hockey tour than play hockey. There are teas, dinners, formal receptions, sightseeing trips, shopping, and free time.

Leaving the summer in Ceylon, we flew into cold and wet Australia. Of course it was much more comfortable playing in a cooler climate. We played matches in Adelaide and Hobart (Tasmania). During the first half of our match with South Australia, we had considerable difficulty penetrating and getting into scoring position; but with sustained pressure during the second period, we emerged with a 5-2 victory. Tasmania vs. U.S.A. in Hobart was an exciting yet disappointing game. We were down 1-0 at halftime but

made a comeback with two goals. The Tasmanian team continued to press and equalized the score in the last few seconds of the game. From this point on we gained the reputation of being a second-half team. The Australian style of hockey was unique in that wings were not used much in midfield. When the Australians lost possession of the ball, they were very quick to tackle back in two's and three's.

The Conference was nearly two weeks away when we began a tour of the South Island of New Zealand. The majority of our games in Australia and New Zealand were played in rain. At this point we began to wonder if we had angered the rain gods. All of the scoring in these matches was in the second spell (half). No one in the group will ever forget Westport, New Zealand, where we experienced a blackout and an earthquake in addition to rain and wind.

IFWHA Conference – Auckland, New Zealand

Players and visitors at the Conference were housed at Ardmore College, about 18 miles from Mehlville Park where the matches were played. The opening ceremony was a colorful sight on a beautiful sunny day with welcomes, speeches, and a parade of teams in uniform. Each team marched in, preceded by its captain and vice-captain carrying the national flag. Running through my mind were thoughts of gratitude for having this tremendous opportunity to play international hockey and at the same time the nervous anticipation of the first game with Fiji. After the parade, the three thousand spectators scattered to the three fields to cheer their favorite team. The Fijians proved to be a physically overpowering team, especially in the second half of the match.

The first few days of the Conference were beautiful and the playing fields in perfect shape. Our most difficult game in the first round was with the Netherlands. The Dutch demonstrated superb stickwork and ball control and frequent halfback-forward interchanges. It was an evenly matched game but scoreless at the end of the first half. In the second half efforts on both sides began to materialize and the game ended in a 2-2 draw.

During the second round of games we once again had some difficulty penetrating. The scores of these games definitely showed a lack of scoring on our part, 0-3, 0-0, 0-1.

One of the highlights of the Conference was national night. Each team was responsible for some type of entertainment native to its country; it was a pleasant, enjoyable change of pace.

The closing ceremony and parade were quite a contrast to the opening session. Instead of being bright and sunny it was cold and raining. The fields had lost their neat, well-groomed appearance and were now badly torn up and damaged from the rain. However, spirits were not dampened. As the band played "Auld Lang Syne"

everyone spontaneously broke the formal lineup of teams, made a friendship circle, and sang together. This marked the end of two weeks of hard fought but friendly rivalry and the end of another IFWHA Conference. After the formal dinner, final preparations were made and the Americans were on the move again.

Post-Conference Tour

After the Conference we had matches in Penang (Malaysia), Hong Kong, and Tokyo. Although the opposition was generally not as strong as that encountered at the Conference, the games were enjoyed by all.

At last we were homeward bound to Hawaii, U.S.A. After 37,900 miles of travel, we were ready for "R and R" (rest and relaxation). Upon arriving in Philadelphia, our feelings were a mixture of happiness and sadness. We drifted back to reality when we saw the people to whom we had been writing during the past eight weeks. Was it all a dream?

The fun we had, the games we played, the places we visited, and the people we met will long be remembered. I can't really express in words how tremendous the 1971 tour was. Personally, I'd be ready to go again in a minute if the opportunity were there. It was quite an experience and privilege to represent the U.S.A.

Learn As You Watch

ANGELA POISSON

Angela Poisson received her B.S. degree at Trenton State College and her M.S. degree at the University of Bridgeport, Connecticut. She is currently working on her sixth year certificate and teaching part-time at Arnold College, University of Bridgeport. She was a member of the U.S. team for nine years and played in the 1956, 1959 and 1963 International Conferences, as well as having captained the 1958 and 1962 touring teams. She is a national umpire and is serving on the U.S. Umpiring Committee.

Everyone can learn something from watching other people play, particularly if the game is of a high standard. How you watch and what you look for will determine what you learn.

Uniforms. There will be much to look for from the moment the players take the field. A player's uniform will always invite comment. Look at the general appearance, then the detail and compare it with your own. Watch the warm-up; this will differ widely as some players do not need as much as others.

Players. The players are not usually seen in their places for very long before the game starts, so in those few minutes, try to recognize some of them so that you can pick out the inners, halves, etc. when they start moving. Also, be certain which way they are playing. After the opening bully, try not to watch passively; watch with an inquiring mind. There will be plenty of time to look at the game as a whole. Speed, pattern, and spacing will be noticeable as well as how the ball is hit, pushed, or scooped. If a conscious effort is not made, this may be all that is seen. So for ten minutes or so, concentrate on one set of forwards – look to see how they space themselves, whether they pass flat or into a space, whether they help one another, whether they advance in a line, what they do when they reach the striking circle (and think what you would do), where they stand or move at free hits.

Defense. Then, look at the defense. They look quite different. Apart from the goalkeeper, there are five of them but instead of one line they cover up for one another when they are not moving to the ball. See how effective this is and notice how deeply it can be done without obscuring the goalie's vision. At corners watch particularly their efforts to reach their opposing forwards before the ball does. Observe their marking and controlled tackles.

Goalkeeper. Then watch the goalkeeper for a concentrated period of time, even when the ball is nowhere near her. Watch how

she follows the game, how she moves and her obvious awareness. When she is defending, watch how she kicks (with what part of her foot), where she clears, where she places herself for corners.

Player in Your Position. After this, spend at least five minutes watching the player in whose position you play. Watch her constantly, even when the ball is nowhere near her and notice where she positions herself. Ask yourself why and reason out the answer.

Patterns of Play. Look at the game now and try to see the patterns of play (this is seen easier if you can watch from a point higher than the field). Notice the pattern being woven, broken apart, and built up again. Then appreciate the individual skills which keep the pattern changing. There will be the footwork, stickwork, timing, and positioning which are the fundamentals. If it is a good game, it will be fast, open, and exciting to watch. Notice how fast free hits are taken, how the position of hands changes for various hits, and watch the feet and the head. Notice where players position themselves on a roll-in. Observe how the direction of an attack is changed. Look for the different kinds of passes – the short square pass, the long pass down to the wing, the flick through the middle, the deep cross pass, the high scoop – and notice the varying speeds at which a pass can be given.

Try not to watch for too many things at once. Look for the things you find most difficult to achieve or to understand. If you are a side halfback you may be uncertain when you should mark the inner. If you are an inner you may find a lot of your passes to your wing are cut off by the halfback. If you are a fullback you probably wonder which is the right moment to tackle the inner. At a first-class match you will be able to see such problems arise and can watch top players solve them.

An excellent place to observe angles, marking, and covering, and their effectiveness is from behind the goal. Coaches who watch their teams in action from this viewpoint really learn from watching.

Remember, don't watch the ball all the time. Notice what the players without the ball do, where they stand in anticipation and how they stand – toes and leading shoulder pointing toward the goal they are attacking. Notice how the ball always seems to go to the right player and ask yourself "why?".

Umpires. Also, do watch the umpires. See where they stand and watch their signals and how long they are held. Listen to how they blow the whistle. And finally, see if you can understand why the whistle is blown.

Summary. Briefly, go watch a first-class hockey match and go with the inquiring mind of a hockey player rather than with the casualness of a spectator. All these things will help you to learn as you watch and to enjoy the match more.

Hints on Umpiring Techniques

EMILY J. MAGOON

Emily Magoon received her B.S. degree in physical education from Skidmore College, Saratoga Springs, New York, and her M.Ed. degree from Boston University, Boston, Massachusetts, where she now teaches. She is a national honorary umpire presently serving on the Umpiring Committee and runs the umpiring program at Merestead Hockey and Lacrosse Camp in Maine.

The suggestions and techniques of umpiring presented here are directed to the beginning and local level umpire whose officiating of school girl games will bring many questions to mind. It is hoped that situations not spelled out in the official rules will be covered here and will serve as a guide and reference.

Attributes

A good hockey official has a thorough knowledge of the rules, a sense of concentration and anticipation, decisiveness, speed, good positioning, impartiality, adaptability, a relaxed manner, and the ability to make the game fun for all.

Strict control during the first few moments of the game keeps the game flowing without dangerous and rough play, sets the proper tone and lets the players know that fouls will be penalized. Only by frequent umpiring will the official learn the amount of control to apply and the extent to which she should use the advantage rule; to *over-officiate* can be as shattering to players as to *under-officiate*!

Equipment and Dress

The following items are necessary:

1. A loud, clear-toned whistle on a lanyard worn around the neck
2. A coin for tossing and a current rulebook
3. Paper and pencil for marking the score
4. A watch with sweep second-hand if necessary to time
5. Cleated shoes and a full, dark skirt (preferably in contrast to the two teams' uniforms)
6. A white jacket, sweater, windbreaker, or shirt, or a vertically striped black and white windbreaker or shirt to distinguish the umpire from the players and spectators
7. A visor or sunglasses
8. An extra game ball

Pre-Game Procedures

1. Arrive at least 15 minutes before the game. Let school know if you are unable to be there or if you will be late.
2. Discuss the area of the field to be covered by you with the other umpire and cooperate with her.

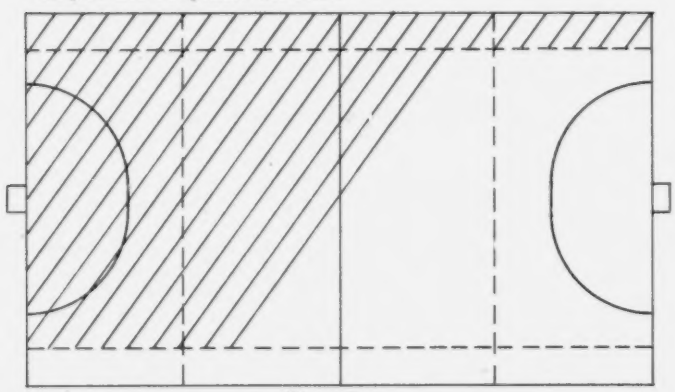


Figure 1.

3. Call captains together and toss coin for choice of ends. Suggest that captains ask any questions at halftime. Make sure coaches have agreed to length of halves and have mutually agreed upon substitution *only* at halves or in case of injury; also, be sure it is understood that a player may not re-enter the game once a substitute has taken her place.
4. Examine markings on field, placement of goals, and securing of nets. If they do not meet specifications, suggest tactfully that changes be made before the next game.
5. Make sure leather or plastic game balls are used for match.
6. Examine players' sticks occasionally for splinters or overtaping.
7. Insist on pinnies, including one for the goalie, if teams' uniforms are at all similar.
8. Be firm when umpiring league or conference games about substitutions, re-entry, tie games, appeals. It may be necessary to withdraw from doing future games for a school if it is not understood that you umpire only under the USFHA-DGWS rules. A suggested method of tie-breaking, if necessary to declare the winner of a playoff game, could be by keeping track of penalty corners and corners or the amount of time each team is on the attack. A special timer or scorer could be used for this.

Positioning

1. Keep outside the alley out of the way of the players.
2. Blow whistle for roll-ins on own side of field when ball goes out over sideline. Put one arm up in direction for roll-in and say color or name of team to take it. See that roll-in is taken in right spot and then move ahead in direction of roll.
3. Move only as far as the 50 yard line when calling out-of-bounds in other end of field. Use whistle, arm, and voice to indicate where the roll-in is to be taken.
4. Move up and down outside the sideline near the attacking right wing and ahead of the player with the ball when there are three defense between her and the goal (Figure 2), or on line with the third defense, so as to judge offsides (Figure 3).

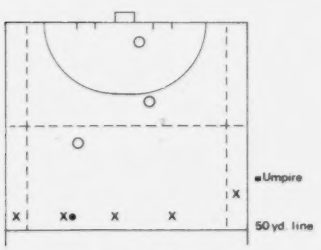


Figure 2.

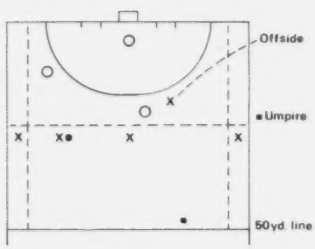


Figure 3.

5. Come onto the field to be able to see play as the ball enters the circle. When the ball is on the far side of the field it may be necessary to come in near the goal. Be ready to get out of the way of the players and to recover on line with the edge of the circle to see fouls and offsides in that area.
6. Blow whistle for free hits, put one arm up, take position opposite where hit is to be taken until ball is placed, then move ahead quickly. If hit is not being taken on the correct spot, blow several short, sharp blasts before the player has a chance to hit the ball and indicate where hit is to be taken.
7. Make sure the ball is placed correctly on corners and penalty corners. Stand about five yards out from endline so you can see both the attack and the defense at the moment the ball is hit. The other official should see that the defending forwards do not go over the 25 yard line to help their defense until the ball has been touched by another player or comes out of the circle.
8. Mark off five yards from the endline in long strides for a penalty bully. Take a position toward the goal out of the way of the

players taking the bully, but close enough so you can see their feet and the ball. The other official sees that *all other* players stay behind the 25 yard line until the result of the bully is determined. The bully is started and finished with a whistle.

9. Take a stance to the right of all bullies in order to have an unobstructed view of the ball and the players' feet.
10. Recover back from the circle area as play moves back toward center. Be ready to move back in the direction of your goal as the direction of the play changes. Keep moving so that your view of the ball is never blocked by the players. Cooperation of both officials is important near the 50 yard line when one official is recovering and the ball comes out to the center. The other official should be ready to call fouls that occur in this area.

Voice and Whistle

The voice should be used to indicate the following:

1. The team to take roll-in
2. A corner, penalty corner and defense hit when ball goes out over endline (also helpful to point to spot where hit is to be taken)
3. Position of offside player so opponent will know who is to take free hit
4. A free hit when ball advances out over sideline
5. Where to take free hit or roll-in if there is any question by player concerned
6. A foul called only if there is a question

If a team is not well-coached in the rules, especially younger or beginning players, you may have to explain and help quite a bit but talk should be kept to a minimum.

The whistle is blown (short and sharp unless otherwise indicated) for the following reasons:

1. To start the game and for all other center bullies. Umpire in whose end the goal was scored restarts the game.
2. To *penalize* a foul
3. For time-out and time-in
4. To start and end a penalty bully
5. To restart the game with a 25 yard bully after the completion of a penalty bully
6. For a ball which goes out of bounds
7. For a goal (long blast, one arm overhead)
8. At half time and the end of the game (long blast)
9. To recall play at any time . . . free hits, bullies, corners, etc. (series of short blasts)

The whistle is *not* blown:
1. To start a corner or penalty corner hit
2. For a free hit
3. For a roll-in
4. On a 16 yard hit out

The whistle is *never* held when the attack fouls in the circle.

The whistle is held to give an *advantage* to the side which has been fouled. This is especially true in the circle when the defense fouls. Every advantage and opportunity should be given to the attack to score. The ability to use the advantage rule correctly comes with experience and makes the game more enjoyable for all players.

Simply stated, the umpire should not penalize every foul that she sees but should hold her whistle for the play immediately following to see if those fouled can gain or maintain satisfactory possession of the ball. She should make her decision quickly and once she puts the advantage rule into effect, she should not change her mind. Often the nonoffender does not take full advantage of the opportunity at hand but the umpire must not penalize then for the original foul. If in doubt, it is better for a beginning official to blow the whistle for a foul rather than to refrain from blowing. Experience will assist in making the correct judgements on holding.

Wrong Decisions

If an umpire makes a wrong decision, she should change it *at once*. Following are some typical situations:
1. Player reports wrong decision made in her favor. Umpire is certain that the player was in a better position to see or feel the play than she was.
2. Umpire calls roll-in or free hit in wrong direction, realizes mistake, and changes decision. Do not change mind once resulting play has occurred.
3. Umpire signals a goal, but an attack player tells her she advanced the ball into the goal or players tell her of ball entering through side of net. Be ready to judge fairly and change decision if necessary.
4. Umpire blows whistle and realizes she should have held. *Do not change decision.* Play has stopped and the advantage to the team fouled is lost; complete the penalty.
5. Play stops because of whistle from other field. Do not allow play to continue if one team is going to gain any advantage. Have a bully on the spot.

Concentrate on the ball and the play of the moment. Do not dwell on past decisions.

Fouls Which Are Often Overlooked

There are several fouls which are listed in the rules that officials are often lax about calling:

1. *Sticks* – raising the stick *above* the shoulder level. Be consistent and call sticks the same throughout the game. Watch for sticks on the follow-through of a scoop.
2. *Dangerous hitting* – hitting the ball directly into the opponent at close range so she advances it. Call the foul against the player hitting the ball unless her opponent moves in to tackle her at the last moment. Be consistent about lofted hard hits and volleys directly at the goalie. Do not hesitate to call back a goal if you feel the hit into the goal was dangerous! The lifted scoop on a free hit or in regular play should be called if dangerous play results. Umpire must use her own discretion.
3. *Hitting or interfering with sticks* – tackling a stick instead of the ball. Often as a player attempts to pass or shoot at goal she is tackled and her stick hit instead of ball with the resulting loss or misdirection of the ball.

Situations Often Miscalled

1. *Obstruction* – player pulls the ball close to the body or a little to the side in dribbling from the left side of the field to the right.

   An opposing player attempts to tackle from behind or to the side, making player with the ball look as though she is obstructing. Watch feet and shoulders of the player with the ball and if they continue on line there is no foul.
2. *Fouls involving the goalie* – watch for:
   a. Lifting the ball dangerously on a clear
   b. Stopping the ball first, then making sticks during the clear
   c. Deflecting the lifted ball with a forward motion of her arm, placing ball in an advantageous position to clear
   d. Rushing forward toward the goalie to see if forward motion interferes with or knocks down goalie.
3. *Fouls in the circle* – the umpire should use her discretion in interpreting "repeated fouling in the circle by the defense." She should be able to determine if the defense is fouling the forwards on purpose to prevent scoring or if the attack is just too aggressive and more highly skilled than the defense. When there is fouling in the circle that you think may be deliberate, warn the person the first time; then award a penalty corner; if repeated a third time, you may award a penalty bully.

4. *Violations* -- watch for:
   a. Players crossing the line too soon on bullies and corners
   b. Players nearer than five yeards on free hits and in the alley on roll-ins
   c. Players crossing into the alley too soon on roll-ins.
5. *Substitutions, accidents, and interference*
   a. Time-out is not taken for windedness or breakage of a stick unless stick of player playing the ball breaks.
   b. Time-out may be taken for accidents or spectators or dogs coming on the field.
   c. Time-out is taken if ball becomes lodged in playing apparel of a player or pads of the goalkeeper. The game is restarted with a bully on the spot never less than five yards from the goal line.
   d. *Breach of the substitute rule* by one team results in a penalty corner for the opponents. When this is taken may be left to the discretion of the umpire. For a breach of the rule by both teams simultaneously the game shall be stopped the first time the ball is dead and a bully shall be taken on a spot chosen by the umpire.

      A player who has been taken out of the game for any reason may not re-enter unless no substitute has been put in her place. Assuming no substitute has been put in for her, a player temporarily incapacitated may return when she is ready to play.
   e. *Continued interference* from the sidelines judged by the umpire to be detrimental to the game will cause temporary suspension of the game and a warning to the offender(s). If this continues and the umpire feels there is no other recourse, she may suspend the game completely and report the reasons for her action to both schools and to her local and sectional umpiring chairmen.

Above all, the umpire must keep her cool. Do not let the players, coaches, or spectators insult or upset you. Maintain a polite and pleasant manner and always be firm.

Guide to Levels of Umpiring

EMILY J. MAGOON

Levels of Officiating

These guidelines for judging levels of umpires have evolved from the writer's experience in judging candidates and from many discussions with other judges. They should serve as a guide for umpire and judge alike.

1. *Local C umpire* should be able to control the game calmly and firmly. She should be able to recognize most fouls: sticks, advancing, dangerous hits, simple obstruction, and offsides. She should be able to award free hits, roll-ins, corners, and defense hits in the correct manner. Her whistle, arm signals, and voice should be clear and definite. She should position herself in order to see the ball and fouls (including offsides) at all times.

   As a beginning umpire, *control* at all times is most important.

2. *Local B umpire,* in addition to the above, should be able to put the "advantage rule" into effect in obvious situations. Her arm signals should be correct at all times. Her positioning should be precise and enable her to see all offsides and fouls in the circle. She should be able to give the correct decision as to which player touched the ball last when the ball goes out-of-bounds off two sticks. She should be able to recognize most types of obstruction and most offsides. She should have a higher degree of voice and whistle effectiveness.

3. *Local A umpire* allows the game to run smoothly and safely because of her ability to apply the "advantage rule" more consistently. She should recognize the more complicated forms of obstruction and offsides and ably control circle play. Her positioning should be correct at all times, her anticipation excellent, and her ability to control and adapt to the level of game she is officiating should be firm and calm. Her signals should be sharp and quick. She should use as few words as possible and above all be consistent.

4. *Sectional officials* should have a higher degree of effectiveness in the areas mentioned above. The ability to control a faster, more highly skilled game unobtrusively, with smooth whistle holding, increases enjoyment for the players.

5. *National officials* should be the epitome of the finest in umpiring! Perfect control of any level or speed of game is essential. When a sectional umpire is sharp, alert, fast and on top of the game at all times, with a subtle whistle holding technique, she should be encouraged to try for a national rating. A national umpire allows the game to *flow*, providing enjoyment for both players and spectators.

   This is the standard of excellence toward which all umpires are striving. It is hoped that umpires are able to accept constructive criticism and to apply it with a diligence that will bring the satisfaction of recognizing a job well done.

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Naperville, Illinois

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Field Hockey Instructor's Guide. $2.
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The Eagle. Annual subscription $2 (four issues). Circulation Manager: Betty Shellenberger, 107 School House Lane, Philadelphia, Pa. 19144.

The materials listed below are available from Eloise Williams, 617 Gramer Rd., Moorestown, N.J. 08057. All prices postpaid; payment must accompany order. Send check or money order made payable to the United States Field Hockey Association. No stamps, please.

Bullies, Corners, Free Hits, Roll-Ins. (Pocket size booklet of *Guide* reprints). 25 cents.

Coach Yourself – Women's Hockey. (Illus. booklet). 65 cents.

Know the Game – Hockey. Rev. ed. (Illus. booklet). 65 cents.

One Thousand and One Practices and Points for Hockey. (Illus. book). $2.

"The USFHA." (Pamphlet about the United States Field Hockey Association). 15 cents.

T.M. Series: #5 – Selected Team Positions, 50 cents.
#8 – Hockey In a Capsule, 25 cents.
#10 – 50th Anniversary Commemorative Booklet, $1.

International Federation of Women's Hockey Associations. (Pamphlet – five articles on various aspects of hockey).
1 – Jan. 1971 (35 cents)
2 – July 1971 (35 cents)
3 – Jan. 1972 (35 cents)

Field Hockey Visual Aids

Revised by REE K. SPAETH
Bronx, New York

Teaching Aids

Wall Charts – Action pictures show at a glance how power and accuracy can be allied with style and grace.
Set No. 1 – Position of hands, drive, dribble, push.
Set No. 2 – Goalkeeping, three methods of tackling.
Set No. 3 – Four methods of dodging.
Set No. 4 – Bullies and roll-ins.
Set No. 5 – Players in action.
Set No. 6 – Four sheets of fine action photographs.
Set No. 7 – New set of 5 sheets on goalkeeping.
Available from Gertrude Hooper, 242 Highland St., Milton, Mass. 02186. (Send for a price list).

T.M. Series – Charts and posters using All-American players.

#1 – Basic positions (Diagrams)	25 cents
#2 – Corner play (Pictures)	50 cents
#3 – Goalkeeping (Pictures)	50 cents
#4 – Reverse stick techniques (Pictures)	50 cents
#6 – "Reach," "twist" (Pictures)	50 cents
#7 – "Super speed," "foxy hockey" (Pictures)	50 cents
#9 – Getting around (Pictures)	50 cents
"Be the best of whatever you are"	
"Shoot to score" (Attack play poster)	25 cents
"Do's and don'ts" (Poster)	10 cents
Rules chart	50 cents

Available from Eloise Williams, 617 Gramer Rd., Moorestown, N.J. 08057. (All prices postpaid; remittance must accompany orders.)

Combination Magnetic Field Hockey – Girls Basketball Board. Double-faced magnetic board (24 x 36 in.) and accessories. No. 141. Sale $50. Cran Barry, Inc., P.O. Box 485, Marblehead, Mass. 01945.

Filmstrips

Field Hockey. 35 mm. si., b&w. Sale $6.75. Compiled by Marjorie Pollard, approved by the All-England Women's Hockey Association. Shows position of body and movement of the stick while driving the ball, dribbling, receiving, and stopping the ball; push

and scoop strokes. Distributor: Sportshelf, Box 634, New Rochelle, N.Y. 10802.

Loop Films

The following loop films were produced in cooperation with USFHA. Consultants: Grace Robertson and Betty Shellenberger. Demonstrators: Robin Cash, Patricia Davis, and Suzanne Honeysett. Sale $18.95 ea. Distributor: Athletic Institute, 705 Merchandise Mart, Chicago, Ill. 60654.

S-1 Stick Handling - Dribbling
S-2 Fielding
S-3 Drive - Drive To The Left
S-4 Reverse Stick Drive - Drive To The Right
S-5 Pull To Left Dodge - Scoop Dodge
S-6 Dodge To Non-Stick Side - Reverse Stick Dodge
S-7 Push Stroke - Flick Stroke
S-8 Passing - Flat Pass, Leading Pass, Through Pass, Triangular Pass
S-9 Straight In Tackle - Circular Tackle
S-10 Two Hand Tackle From Left - Left Hand Lunge Tackle
S-11 Goal Tending - Stance - Stop And Clear
S-12 Goal Tending - Clear On The Fly - Lunge Stop

Films

The 16 mm, black and white, sound films listed below are available through the USFHA Film Service (page 23). The rates listed are the rental fees per day, exclusive of postage. Please give four weeks advance notice and alternate dates when ordering. Orders are booked as received and members are given preference. Information on the purchase of these films may be obtained from Thalis Putney, 2636 Grubb Rd., Wilmington, Del. 19810.

England vs. United States. 90 min. Shows complete record of the match played at Wembley Stadium, London, March 10, 1962.

Goalkeeping Techniques. 15 min. Demonstrates beginning and intermediate goalkeeping skills. Members $3.50, nonmembers $5.

Hockey – Improve Your Game. 60 min. Produced by the All England Women's Hockey Association. Members $7.50, nonmembers $10.

Hockey Strokes. 40 min. Produced by the Scottish Women's Hockey Association. Shows fundamentals of the game. Members $7.50, nonmembers $10.

1963 Conference Film – USA vs. England. 35 min. Includes final match of the 1963 IFWHA Conference and the closing ceremony. Members $7.50, nonmembers $10.

1963 Conference Film – USA vs. Germany. 35 min. Includes the opening parade of the 1963 IFWHA Conference. Members $7.50, nonmembers $10.

Wembley Way. 45 min. Produced by the All England Women's Hockey Association. Shows game techniques and advanced play. Members $7.50, nonmembers $10.

Women's Hockey Umpiring. 25 min. Produced by the All England Women's Hockey Association. Shows umpiring and advanced game play. Members $7.50, nonmembers $10.

Additional information on new films and rental rates (daily and weekly) for December 1 through September 1 may be obtained from the USFHA Film Distribution Chairman.

Sectional Film Distributors – Requests for films may be placed directly through the following area distributors:

Northeast and New Atlantic (New England, Eastern N.Y., N.J.): Sue Terkanian, Terkanian Dr., Spencer, Mass. 01562.

Philadelphia and Southeast (Eastern Pa., Del., Md., Va., N.C., S.C., Ga., Fla.): Jan Watson, WPED, Appalachian State Univ., Boone, N.C. 28607.

Mideast and Great Lakes (Western N.Y. and Pa., W. Va., Ohio, Mich., Ind., Ky., Tenn., Ala., Miss.): Bertie Landes, Valley St., M.R., Enola, Pa. 17025.

Midwest (Wis., Ill., Mo., Iowa, Minn., N.D., S.D., Ark., La.): Carla Hellerman, Marengo Community High School, Marengo, Ill. 60152.

Rocky Mountain (Colo., Utah, Wyo., Mont., Neb., Kan., Okla., Tex., N.M.): Christine Bartlett, 2446 S. Williams, Denver, Colo. 80210.

Pacific Southwest and Pacific Northwest (Calif., Ore., Wash., Idaho, Nev., Ariz.): Alice Bond, WPED, Univ. of Puget Sound, Tacoma, Wash. 98416.

FIELD HOCKEY STUDY QUESTIONS

Directions:

Indicate the umpire's decision in the following situations, writing the key letters in front of each item. There is only one *best* answer to each. Assume that no conditions exist other than those stated.

KEY **PART I**

RIO – Roll-in for opponents
RRI – Repeat roll-in (by same team)
C – Corner (long corner)
RC – Repeat corner
PC – Penalty corner (short corner)
RPC – Repeat penalty corner
DH – Defense hit
25 – 25-yard bully
PB – Penalty bully
RB – Repeat bully (any kind of bully)
BOS – Bully on a spot chosen by the umpire
FH – Free hit for opponents
RFH – Repeat free hit (by same team)
G – Goal
TO – Time-out
LP – Legal play – no breach of rules occurred; play continues. Do not use this if a more definite decision can be given.
HW – Hold whistle – breach of rules occurred but umpire allows play to continue until she sees which team gains the advantage or that the team which should do so, does gain the advantage.

1. The red right wing attempts to field the ball; it glances off her stick and goes over the side line.
2. The blue fullback attempts to stop the ball in the circle. It glances off her stick and goes over the goal line not between the goal posts.
3. The defending center half, just within the edge of the circle, kicks the ball. Her fullback receives the ball and hits it to another teammate.
4. The ball becomes lodged in the pads of the goalkeeper.
5. The blue left halfback completes a roll-in without stick in her hand.
6. The red center forward unintentionally kicks the ball forward quite a distance onto the stick of her opposing center half, who passes to her teammate.

7. A foul has occurred at mid-field. The ball is rolled to the player who is to take the free hit. She takes the hit while the ball is still in motion.
8. An attacking forward hits the ball outside the circle. It crosses the goal line between the goal posts without having been touched by any other player.
9. Defense player just within the circle finds herself between the ball and an attacking forward, thus preventing the forward from playing the ball. The defensive team gets the ball.
10. An attacking forward in the circle hits the ball toward the left corner of the goal cage. The goalkeeper stops the ball from going into the cage with the rounded side of her stick. She then kicks it out of the circle.
11. The wing is offside and the ball is hit toward her. The ball is intercepted by the defending back.
12. Forward in the circle shoots for goal. The goalie stops the ball on the goal line and clears it to her fullback.
13. During a penalty bully, the offender hits the ball outside the circle.
14. The center forward receives the ball in the circle from a corner hit and deflects the ball into the goal cage.
15. Center half is five feet away from the center forwards during their bully. The ball is sent to her and she hits it.
16. Red team player was injured in the first half and replaced by a substitute. In the last 10 minutes of the game, a second red team player is injured at the 25 yard line by an undercut ball from a defense stick. At the request of her captain she was replaced by a substitute. How is play re-started?
17. The left wing is in her opponent's half of the field in which there are only two defensive players. Her center half back, who is in her own half of the field, hits the ball to her.
18. A blue player taking a bully moves her foot after the third hit of sticks, before the ball is touched.
19. On a penalty bully, in the judgment of the official, the opponent deliberately hits the ball directly into the goalkeeper's legs causing her to advance the ball.

PART II

Check *each* phase which invariably makes a true statement when combined with the first part of the statement. You may have *no* correct phrases or you may have *any number* of correct phrases.

1. A player should *not* be considered offside if:
   a. She is in her own half of the field.
   b. There are two opponents nearer their goal line than she is when receiving a pass.

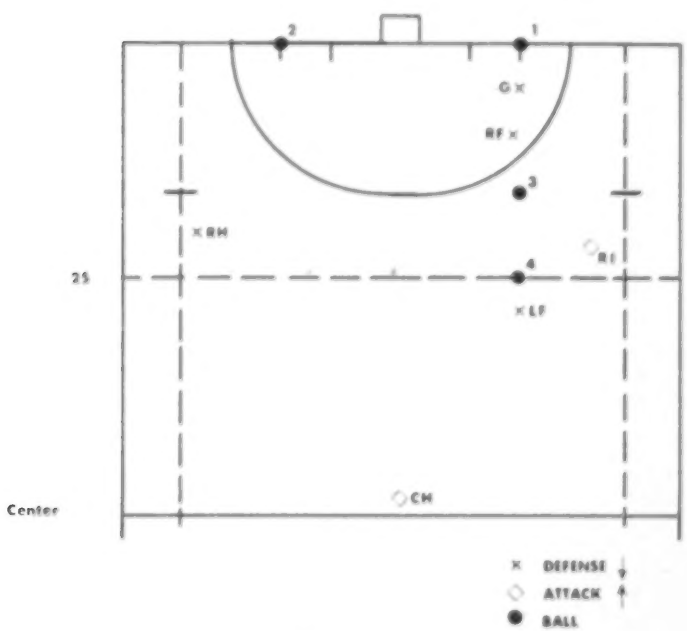
c. She is on line with the player taking a roll-in.
d. She is drawing the defense.
e. She is making an effort to get back on side and is not playing the ball.

2. A roll-in is awarded the opposing team when:
   a. The ball does not enter the field of play on a roll-in.
   b. The ball touches the ground inside the field of play within three feet of the spot where it left the field.
   c. The player taking the roll-in does not have her stick in her hand.
   d. The ball enters the field of play within one yard and goes over the sideline again before it is touched by any other player.
   e. The ball enters the field of play within one yard and goes over the goal line before it can be played by another person.
3. A free hit is awarded if:
   a. The defense fouls in the circle.
   b. The attack fouls in the circle.
   c. Two players foul simultaneously.
   d. A foul occurs outside the circle.
   e. The player taking a corner hit makes sticks.
4. The defense hit is:
   a. Taken anywhere in the circle.
   b. Awarded if the ball unintentionally goes over the goal line off the stick of a defender beyond the 25-yard line.
   c. Taken on the 16-yard line opposite the spot where the ball crossed the goal line.
   d. Awarded when the attack sends the ball over the side line.
   e. Always taken by the defending fullback.
5. In a penalty corner situation:
   a. Any six members of the defending team (feet and sticks) shall be behind their own goal line.
   b. The ball shall be placed on the goal line not less than 10 yards from the goal post.
   c. The hit may be taken by any member of the attacking team.
   d. The ball may be played without being stopped if it has been touched first by a member of the defending team.
   e. The hit may be taken from either side of the goal.

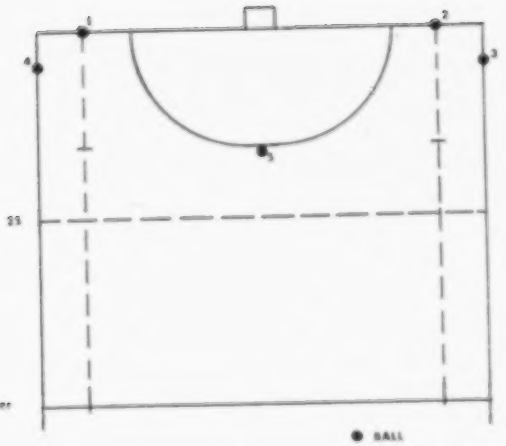
PART III

1. The blue left fullback between the 25 yard line and the center line attempts to intercept a very hard hit ball intended for the red right inner. It glances off the fullback's stick and continues down and over the end line at the penalty corner 10 yard marker. The

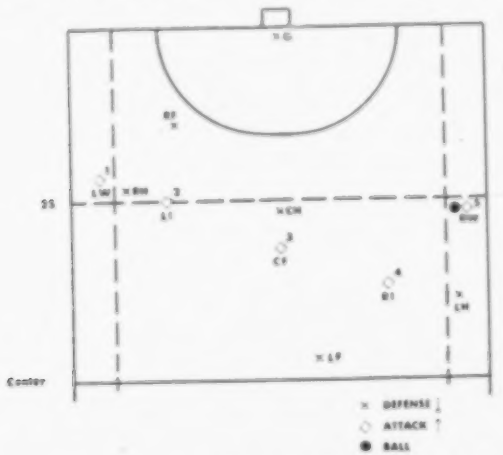
red right inner, blue right fullback, and goalie miss the ball. At which place indicated on the diagram is play to be re-started?
a. #1 b. #2 c. Anywhere in the circle d. #3 e. #4



2. The ball is hit toward the goal by the red center forward just outside the circle. The goalie comes out slightly from the cage and kicks the ball, which deflects off her shoe and goes over the goal line into the cage. There was no other player in the circle except the goalie. Where, as indicated on the diagram, may play be re-started?
a. #1 b. #2 c. #3 d. #4 e. #5



3. Which attacking forward is offside? Indicate on diagram where free hit is to be taken.
a. #1 b. #2 c. #3 d. #4 e. None of these



ANSWERS AND RULES REFERENCES

PART I

1.	RIO	Rule 15
2.	C	Rule 16, b.
3.	PC	Rule 12, g.; Penalties, 2(b).
4.	BOS	Rule 12: note.
5.	RIO	Rule 15
6.	HW	Rule 18, last paragraph.
7.	FH	Rule 13, 1st paragraph; Penalties (2)
8.	DH	Rule 16, a.
9.	PC	Rule 12, i.; Penalties, 2b.
10.	PB	Rule 14, a.
11.	HW	Rule 11; Rule 18, last paragraph.
12.	LP	Rule 10, 1st paragraph.
13.	25	Rule 14, c.
14.	FH	Rule 17, a., 2nd paragraph.
15.	RB	Rule 9, 4th paragraph; Penalty.
16.	FH	Rule 19, b.; Rule 12, c.
17.	FH	Rule 11, 1st paragraph; Penalties, (b).
18.	RB	Rule 9, 2nd paragraph
19.	25	Rule 12 (c)

PART II

1.	a	Rule 11
	c	Rule 11
	e	Rule 11, Notes
2.	c	Rule 15
	d	Rule 15
3.	b	Rule 12, Penalties (2a)
	d	Rule 12, Penalties (1)
	e	Rule 17, Note a
4.	b	Rule 16a
	c	Rule 16a
5.	a	Rule 17a, Paragraph 1
	b	Rule 17b
	c	Rule 17a, Paragraph 1
	d	Rule 17a, Paragraph 2
	e	Rule 17b

PART III

1. #3. 2. #1, 2, 3, 4 3. #1

USFHA Umpiring Ratings

USFHA UMPIRING COMMITTEE

The grading of umpires is designed to permit those interested in the area of officiating to progress and receive recognition of their skill in umpiring. Just as the player has several levels at which to display her ability, so the umpire has a goal toward which she can work. It is the purpose of this article to set forth and clarify the classification of umpires of field hockey in the United States.

There are three classifications of officials' ratings offered by the USFHA:

National
Sectional – Sectional A and B
Local – Local A, B, and C

All rated umpires shall be members of the USFHA in one of the following categories:

1 – Member of an active club
2 – Honorary member of the USFHA
3 – Sustaining member of the USFHA
4 – Umpiring member of the USFHA

Expiration date of all ratings is December 31.

In order to secure a rating, apply to the Umpiring Chairman of the nearest local association or club. If no such local association or club exists within a reasonable distance, apply to the Sectional or National Umpiring Chairman.

If several individuals within an area, college, or school are interested in securing USFHA ratings, the USFHA Umpiring Committee will make every effort to assist by sending umpires to set up clinics.

USFHA HONORARY UMPIRES

1. The candidate must be a USFHA National umpire and currently holding an active rating at the conclusion of ten years. During the minimum ten-year period, the candidate must have been actively and successfully officiating. At the conclusion of the minimum ten-year period, or at a later date, the candidate must be reexamined at a national tournament. At this reexamination she will be judged according to National umpiring standards and requirements.
2. In addition to the above, the candidate must qualify under at least five of the following:
   a. Member of USFHA Umpiring Committee for a minimum of three years.

b. Chairman of the USFHA Umpiring Committee.
c. Judge at national tournament for at least five years.
d. Sectional and/or local umpiring chairman.
e. Member of sectional and/or local umpiring committee for at least ten years.
f. Umpire at international matches.
g. Exceptional service in promoting USFHA umpiring at the national, sectional, or local level.
h. Unusual meritorious service by an individual.

3. The USFHA Umpiring Committee shall review eligible candidates whose names shall be sent to their sections for review and recommendation.
4. Candidates receiving endorsement from their sections and successfully passing the USFHA National umpire requirements shall have their names submitted to the USFHA Board of Directors.

Awards

A USFHA Honorary umpire shall be awarded a gold pin and a certificate symbolic of the award.
(This award and recognition shall not be considered a rating.)

NATIONAL RATINGS

Initial Rating

The candidate shall –

1. Hold a Sectional A rating for at least two years.
2. Be recommended at a sectional tournament by a two-thirds vote of the members of the sectional umpiring committee who hold a National rating.
3. Receive a grade of at least 90 percent on the current written examination.
4. Umpire at least two full games at the national tournament on two different days of the tournament.
5. Be approved by at least six members of the USFHA Umpiring Committee.

Renewals

The National official shall –

1. Receive a grade of at least 90 percent on the current written examination.
2. Be reexamined at a national tournament within four years of the original rating in order to retain an active status.
3. After the first renewal, the subsequent renewals shall be within a six-year period and at a national tournament.

4. Be approved by at least six members of the USFHA Umpiring Committee.
5. Receive a Sectional A rating for failure to meet National standards and be rerated by her section the following year.
6. Forfeit the right to any additional years on her current rating, when she decides on a renewal.

Awards

A National umpire shall be awarded a gold pin and a certificate symbolic of the rating by the USFHA.

Examination Fee

No fees shall be charged for any practical examination on the National level. Written examinations for National umpires shall be given by the local association, umpiring center, or sectional umpiring committee and fees shall be retained by the examining body.

*Fees

The minimum fee for all National umpires shall be –
One game, $10; Two games, $15.

Note: Travel expenses may be added as the local association sees fit.

SECTIONAL RATINGS

The Sectional A official shall –

1. Have held a Sectional B rating for at least one year.
2. Receive a grade of at least 90 percent on current written examination.
3. Be approved by a minimum of four judges, three of whom must hold at least a Sectional A rating. Before rating a candidate each judge shall have observed the candidate in not less than one full-time official game or its equivalent at a sectional tournament, a sectional game, or at an umpiring clinic, providing association teams participate in the game.

*Adjustment in the above minimum schedule of remuneration may be requested, with the approval of the local association, by the local umpiring committee or umpiring center. Application for such a change shall be made to the sectional umpiring committee. Upon recommendation of the sectional umpiring committee to the USFHA Umpiring Committee, approval of the amended schedule may be granted by the USFHA Umpiring Committee. No adjustment in the schedule of remuneration may be made without the approval of the USFHA Umpiring Committee.

4. After having completed the two-year trial period, be reexamined every four years.

The Sectional B official shall –

1. Have held a Local A rating for at least one year or have been recommended by the local association umpiring committee.
2. Receive a grade of at least 90 percent on current written examination.
3. Be approved by at least four judges, all of whom must hold at least a Sectional B rating. Before rating a candidate, each judge shall have observed the candidate in not less than one full-time official game or its equivalent at a sectional tournament, a sectional game, or an umpiring clinic.
4. Be reexamined every two years.

Awards

A certificate symbolic of the rating for Sectional A and B umpires shall be awarded. An emblem may be purchased.

***Fees**

The official fee for all Sectional umpires shall be –
One game, $10; Two games, $15.

Note: Travel expenses may be added as the local association sees fit.

LOCAL RATINGS

The Local A and B officials shall –

1. Be approved by two rated umpires, one of whom holds at least a Local A rating and has the approval to administer ratings of the local association or umpiring center committee within whose area the tests are administered. If no local association or umpiring center exists, approval to administer these examinations may be granted by the sectional chairman. Before rating a candidate, each judge shall have observed the candidate in not less than one full-time official game or its equivalent.
2. Receive a grade of at least 80 percent on current written examination.
3. Be reexamined every two years.

The Local C official shall –

1. Be a high school or college student or an apprentice umpire.
2. Be approved by at least two rated umpires, one of whom holds at least a Local A rating and has the approval to administer ratings of the local association or umpiring center committee within

*See page 82, footnote.

whose area the tests are administered. If no local association or umpiring center exists, approval to administer examinations may be granted by the sectional umpiring chairman. Before rating a candidate, each judge shall have observed the candidate in not less than one full-time official game or its equivalent.

3. Receive a grade of at least 70 percent on current written examination.
4. Be reexamined every year.

Awards

Local A, B, and C umpires shall be awarded a badge and certificate symbolic of the rating by the local association or umpiring center. An emblem may be purchased.

***Fees**

The official fee for Local A and B umpires shall be –
One game, $8; Two games, $12.
The official fee for Local C umpires shall be –
One game, $4; Two games, $6.

Note: Travel expenses may be added as the local association sees fit.

Sectional and Local Examination Fees

1. The minimum fee for all written examinations (new and renewal) shall be 50¢. (No retrial may be given during the same year for the written examination.)
2. The minimum fee for all practical examinations (new, renewal, or retrial) shall be $1.00.
3. The fee shall be collected by the local umpiring committee, umpiring center, or sectional umpiring committee administering the examination.

*See page 82, footnote.

USFHA UMPIRING COMMITTEE
1972

HELEN RILEY, *Chairman,* 1532 Second St., Charleston, Ill. 61920
CLAIRE A. HARDEN, 205 Ardmore Ave., Haddonfield, N.J. 08033
FRIEDA KITAK, 2227 S. 65th St., West Allis, Wis. 53219
DOROTHY RICHARDSON, 150 McLeroy, Athens, Ga. 30601
BEATRICE A. THOMAS, 606 Maple Ct., Moorestown, N.J. 08057
GLADYS THOMS, 3935 N. Palmer Ave., Milwaukee, Wis. 53212
(Terms expire 1972)

MARJORIE AUSTER, 81 Leo's Lane, Southampton, N.Y. 11968
MARY BOTTARO, 29931 Bermuda Lane, Southfield, Mich. 48076
JOAN K. MAGUET, 53 Walnut St., Clayton, N.J. 08313
CARYL NEWHOF, Ziskind House, Northampton, Mass. 01060
ANGELA G. POISSON, 130 Reut Dr., Stratford, Conn. 06497
(Terms expire 1973)
MARION B. EARL, N-102, Audubon Ct., Audubon, Pa. 19401
ELLEN HAWVER, 63 City View Dr., Rochester, N.Y. 14625
EMILY J. MAGOON, 25 Front St., Marblehead, Mass. 01945
DOROTHY SULLIVAN, 12 Sias Lane, Milton, Mass. 02186
(Terms expire 1974)

Each association listed below offers ratings in hockey. They have rated officials at each grade level from Sectional B to Local C. Many associations also have rated officials at the National and Sectional A level. The local umpiring chairman will supply a list of names, addresses and telephone numbers of these officials on request.

SECTIONAL AND LOCAL CHAIRMAN

GREAT LAKES: Ruth Ann Meyer, 8542 Sylvan Lane, Kalamazoo, Mich. 49002
Ann Arbor: Diane Dorgan, 205 South Lauderdale, Kalamazoo, Mich. 49007
Buckeye: Catherine Brown, Grover Center, Ohio Univ., Athens, Ohio 45701
Cleveland: Jane Pease, 2749 Dover Rd., Westlake, Ohio 44145
Dayton: Betty Dillahunt, 200 Wenova Dr., Springfield, Ohio 45502
Detroit: Jean Blievernicht, 1517 W. Saratoga, Ferndale, Mich. 48220

Miami Valley: Betty Dillahunt, 200 Wenova Dr., Springfield, Ohio 45502
Michigan College: Charlotte Duff, Albion College, Albion, Mich. 49224

MIDEAST: Ellen Hawver, 63 City View Dr., Rochester, N.Y. 14625
Buffalo:
Central Pennsylvania:
Finger Lakes: Sally Wilkins, 63 City View Dr., Rochester, N.Y. 14625
Pittsburgh:
Reading: Jean A. Finkbiner, 105 Olde Airport Rd., Douglassville, Pa. 19518
Susquehanna: Sharon Taylor, WPED, Susquehanna Univ., Selinsgrove, Pa. 17870

MIDWEST: Carol Wolters, 3862 N. 75th St., Milwaukee, Wis. 53216
Central Illinois: Jill Hutchison, 44 A St., Northmeadow Village, Normal, Ill. 61761
Midwest College – North: Mary Bell, WPED, Northern Illinois Univ., DeKalb, Ill. 60115
Midwest College – South: Jill Hutchison, 44 A St., Northmeadow Village, Normal, Ill. 61761
Milwaukee: Lois Cotton, 11371 Lake Shore Dr., Kenosha, Wis. 53140
Minnesota: Karen Lintala, 1881 Furness, Apt. 309, St. Paul, Minn. 55109
North Shore: Mae Jean Engen, 713 Busse Hwy., Park Ridge, Ill. 60068
Northeast Iowa: Elinor Crawford, WPED, Univ. of Northern Iowa, Cedar Falls, Ia. 50613
St. Louis: Julianne Oakes, 13201 Clayton Road, St. Louis, Mo. 63131

NEW ATLANTIC: Terry Limaxes, 584 Columbia St., New Milford, N.J. 07646
Delaware: Carol Tasca, 1123 Mayflower Dr., Meadwood, Newark, Del. 19711
Long Island: Patricia Ferguson, 88 Avenue B, West Babylon, N.Y. 11704
Mason Dixon: Judy Holland, R.D. 1, Box 81D, Magnolia, Del. 19962
New Atlantic College:
New York: Terry Limaxes, 584 Columbia St., New Milford, N.J. 07646

North Jersey: Alice Laine, Russia Rd., Oak Ridge, N.J. 07438
South Jersey: Louise Taggart, Box 452, RD. #1, Glassboro, N.J. 08028
West Jersey: Vickey Filbey, 1167 Brewer Ave., Westville, N.J. 08093

NORTHEAST: Barbara Bongard, 14 Heathcote Lane, Scarsdale, N.Y. 10583
Boston: Janice L. Bruce, 310 Lowell St., Reading, Mass. 01867
Hampshire: Nancy G. Hinkley, 6 Summit Rd., Apt. 4, Keene, N.H. 03431
Klipnockie:
Maine: Marie Jordan, 3 Rockwall Lane, Cape Elizabeth, Me. 04107
Mohawk: Christine Holden, Box 89A, R.D. #3, Hudson, N.Y. 12534
New Hampshire: Jane Holway, 647 Washington Rd., Rye, N.H. 03870
Nutmeg: Karen Schlott, 43 Norton St., Torrington, Conn. 06790
Rhode Island: Dorothy Brightman, Pojac Point, N. Kingstown, R.I. 02852
Stuyvesant: Nancy Wasserman, 71 Strawberry Hill, Apt. 908, Stamford, Conn. 28402
Vermont: Anne L. Rodia, 16 Front St., Bellows Falls, Vt. 05101

PACIFIC NORTHWEST: Dorothy Dobie, 10950 S.E. Harold, Portland, Ore. 97266
Capital City: Carol Brownlow, 970 Alberta Ave., Monmouth, Ore. 97361
Eugene:
Oregon Hi Stickers: Dorothy Dobie, 10950 S.E. Harold, Portland, Ore. 97266
Portland: Joan O'Brien, 7105 S.W. Canby, Portland, Ore. 97223
Seattle: Marilyn Rogers, 1709 Jones Dr., SE, Renton, Wash. 98055
Tacoma: Frances Gardner, Rt. 6, Box 6694G, Gig Harbor, Wash. 98335

PACIFIC SOUTHWEST: Judy Brame, 1111 Heatherside Rd., Pasadena, Calif. 91105
Los Angeles: Jo Swanziger, 12016 Rio Hondo Pkwy., El Monte, Calif. 91732
Northern California: June Breda, 2509 Bates Dr., Davis, Calif. 95616
San Diego:
Upper Valley: Ellen Schedl, 1528 Mangrove, Chico, Calif. 95926

PHILADELPHIA: Joan W. Keyser, 244 Colmar Dr., King of Prussia, Pa. 19406
Delaware Valley: Barbara Y. Mitchell, 236 Colbalt Ridge Dr. South, Levittown, Pa. 19057
Lehigh Valley: Elizabeth M. Wilson, 711 Berger St., Emmaus, Pa. 18049
Philadelphia: Lois O. Harlos, 266 Pleasant Valley Rd., King of Prussia, Pa. 19406
Wyoming Valley: Marjorie D. Garinger, R.D. #1, Harvey's Lake, Pa. 18618

SOUTHEAST: Margarite Arrighi, WPED, Univ. of Maryland, College Park, Md. 20740
Baltimore: Florence Bell, 6230 Gilston Park Rd., Baltimore, Md. 21228
Blue Ridge: Laura Mapp, Bridgewater College, Bridgewater, Va. 22812
Deep South: Tina Klaus, Bennett College, Greensboro, N.C. 27412
Tidewater: Mary Grubbs, Rt. 2, Box 239 B, Mechanicsville, Va. 23111
Washington: Alice I. Young, 737 Tiffany Dr., Gaithersburg, Md. 20760

COLORADO: Peg Heimbrook, 613 W. Mountain Ave., Fort Collins, Colo., 80521

RULES, CHANGES, NOTES, AND MODIFICATIONS

In September 1967, at the Ninth Conference of the International Federation of Women's Hockey Associations, a Women's International Hockey Rules Board was established and accepted as the sole authority for women's hockey rules the world over. The Code of Rules as published here is the only set of rules for the game.

There are two amendments to the rules this year. In Rule 13, any legal stroke may be used on a free hit but a ball hit into the circle shall not rise above knee height. A slight wording change in Rule 17 clarifies when the members of the defending team may cross the 25-yard line on a corner hit.

NOTES ON RULES

RULE 1:

Notes:

a. Agreement on shortening the halves may be made by the coaches of school teams, captains of college and club teams, and, in the case of a tournament, by the tournament authorities.
b. It is recommended for school or junior teams, or inexperienced players that the halves be shortened to 25, 20, or 15 minutes.

RULE 3:

Notes:

a. Hockey may be played on a smaller field if the area available for play makes this necessary. A minimum of 90 yards by 50 yards is suggested.
b. Where fields are reduced in size the 25-yard lines must be 25 yards from the goal lines, the 5-yard lines, 5 yards from the sidelines and the circles regulation size.

RULE 4:

Note:

In constructing goals it is suggested that 4 to 6 feet in back of the goal other posts and a crossbar be erected and joined to the goal and nets fastened to the goalposts, crossbars, and ground enclosing the whole space. The goalposts and crossbar should be painted white. All other construction should be as inconspicuous as possible.

RULE 7:

Notes:

a. Left-handed sticks are absolutely forbidden in this rule.
b. The attention of coaches is directed to the fact that light sticks with rubber inserts are advisable, those from 18 to 20 ounces being sufficiently heavy.
c. Surgical binding is adhesive tape.

RULE 8:

Notes:

a. The word Association is used to refer to any group: school, college, or club.
b. Kilt pins are prohibited under this rule.
c. Leather shoes are permissible.

RULE 10:

Notes:

a. The Rules Committee does not rule who is the winner of a match or tournament. This procedure should be established by local ruling before the matches begin. It is also suggested that some decision be made before a match or tournament starts which will cover any games called off because of weather.
b. In hockey when the score is tied at the end of the game, the game should remain drawn. As goals are not very frequent, especially in a closely contested game, an "extra period" of play would in most cases not result in any further score.
c. There are two points which should be quite clear to the umpire regarding the scoring of goals:
    1. There can be no goal scored unless the ball has been touched by the stick of an attacker inside the circle.
    2. If the ball has been touched by the stick of an attacker inside the circle, and goes through the goal, a goal is scored even if the ball last touched the stick or person of a defender.

RULE 11:

Note:

A player should not be penalized unless she is interfering with or obstructing another player or gaining any advantage from being in an offside position. An offside player can be put onside only by being in an onside position when the ball is played by a member of her own team. The penalty for offside should be taken where the player is standing when the foul is called. A forward in the striking circle left in an offside position when the ball is being cleared by a member

of the defending team should not be called offside if she is making an effort to get behind the player with the ball and is not taking part in the play while she is making the effort. A forward may go off the field of play to prevent being offside. She may not go into the goal cage.

RULE 12:

Notes:

Foul a. For sticks in front or behind by the defense inside the striking circle a penalty corner is given, as that error does not actually stop a goal; when sticks is made while stopping a volley or scoop shot at goal, providing that shot at goal is legal, a penalty bully should be awarded. (See rule 14).

Foul c. Undercutting is often very difficult to detect, but should a player continually loft the ball when hitting hard, she is dangerous whether undercutting or not, and should be penalized. This rule is not intended to penalize the scoop stroke, which raises the ball, nor the hitting of a ball when in the air, except as provided for in Foul a. A player who hits wildly onto the legs of an opponent should be penalized. A goalkeeper who raises the ball as she kicks might be extremely dangerous and should be penalized by awarding a penalty corner to the attacking team.

Foul f. A player's momentum often necessitates a *slight* forward motion to the falling ball. This should not be considered a foul unless (1) the ball bounces forward to the player's advantage, or (2) the umpire feels that the player is making an effort to place the ball. The umpire must use her discretion.

Foul i. This shall not limit the legitimate use of the stick in playing the ball. The stick is not considered part of the body, thus limiting its use in getting the ball away from an opponent. The stick may be used to take the ball, provided the stick does not trip or block the opponent. This rule is also not meant to penalize the faster player who reaches the ball well before a slower player and goes on with it. The use of a reverse stick is permitted provided the player does not obstruct.

RULE 13:

Note:

If a player taking a free hit in the circle hits the ball a second time, regardless of the position of the ball, a penalty corner shall be awarded.

RULE 14:

Notes:

a. The phrase "when a goal most probably would have been scored" is intended to indicate such possibilities as the following:
   1. A forward shoots; the goalkeeper stops the ball just in front of the goal line with her foot but instead of taking away her foot, holds the ball with it, thus preventing the forward, who has followed in, from taking a second sure shot at goal.
   2. The goalkeeper stops the ball from crossing the goal line by means of a stroke with the back of her stick.
   3. The goalkeeper prevents a forward, who is on the spot, from shooting by kneeling over the ball.

b. The offender may be any defense player, provided she is near enough to the goal line to make the circumstances parallel.

c. Analysis of the penalty bully. The two players taking the penalty bully shall continue to play the ball until the penalty bully is completed in one of the following ways:
   1. A goal is awarded and play restarted on the center line when –
      a. The ball goes between the goal posts off the stick of either player.
      b. The defender fouls (except as in 3 below).
   2. The bully is over and play restarted on the center of the 25-yard line when –
      a. The attacker fouls.
      b. The attacker sends the ball over the goal line not between the goal posts.
      c. Either player sends the ball outside the circle into the field of play.
   3. The bully is taken again when –
      a. The ball goes over the goal line, not between the goal posts, off the stick or person of the defender.
      b. There is a double foul or improper bully.

d. Umpires should tell players in case of a penalty bully that they remain beyond the 25-yard line and do not try to take part in the play until the bully is completed.

e. The umpire should blow her whistle to indicate the beginning and end of a penalty bully.

RULE 15:

Notes:

a. If, in an attempted roll-in, the ball does not enter the field of play, the roll-in is taken again.

*b. If a player rolls the ball in without her stick in her hand a roll-in is awarded the other team.
c. There is no provision for the ball going over the sideline off two sticks. The umpire must make a decision as to which stick touched the ball last.

RULE 16:

Notes:

a. Any legal stroke may be used for the 16 yards hit.
b. There is no provision for the ball going over the goal line off two sticks. The umpire must make a decision as to which stick touched the ball last.

RULE 17:

Notes:

a. If the attacking player taking a corner hit fouls, (usually sticks or hitting the ball twice) the free hit is taken on the spot where the foul occurred, not anywhere in the circle.
b. Corners and penalty corners are played in exactly the same way except regarding the position of the ball when the hit is taken. In corners, the ball may be on the goal line or on the side line but not more than 5 yards from the corner of the field. In penalty corners the ball is on the goal line but not less than 10 yards from the nearer goal post.
c. Umpires should be careful to see that only six of the defending teams are behind the goal line, and that the rest of that team is beyond the nearer 25-yard line; that no player (except the striker) is within 5 yards of the ball when the corner hit is taken; and that no one crosses the goal line or enters the circle until the ball is hit.
d. The player taking a corner hit or penalty corner hit may stand with her feet in any position, provided the ball is placed in accordance with the rule.
e. On a corner or penalty corner, the six players of the defending team may be any six players (forwards or backs) of the defending team.
f. If the defense crosses the line too soon, the umpire should hold her whistle. If the forward is able to attempt a shot for goal, the whistle should not be blown. If the defense interferes with play the umpire should blow her whistle to have the corner repeated.
g. The corner is often called a "long corner" and the penalty corner a "short corner."

*Indicates a change in interpretation.

RULE 18:

Notes:

a. The timekeeper should have a horn and blow it to signal the end of the half and the end of the game and the umpire should blow her whistle simultaneously. To ensure accuracy the timer should follow the nearer umpire up and down the field during the last 30 seconds of each half.

b. The umpire is the official scorer. It is suggested that a scorekeeper be used to record the lineups. At the end of the game the umpires can check their records against the book and sign it.

c. It is expected that coaches will refrain from coaching their teams except at halftime.

d. If light and weather conditions make play dangerous, either umpire is authorized to take time out to give opportunity for discussion with school coaches or captains of college and club teams. The final decision shall rest with the umpires.

e. The importance of the paragraph concerning the advantage rule cannot be overstressed. Umpires must follow this rule.

RULE 19:

Notes:

a. A player whose stick is broken is not considered incapacitated and play shall continue while she gets a new stick, unless there is a foul involved in the breaking of the stick.

b. A player shall not be considered incapacitated for windedness, and time-out should not be called. If necessary, the player may leave the game temporarily and return when she is ready to resume play.

c. If a player is not ready to return to play at the end of the 5-minute time-out for injury, play shall be restarted, and the player may return to the game when she is able to do so.

d. If the umpire considers that the progress of the game is being interferred with, she shall have authority to suspend the game temporarily. This covers such situations as spectators, dogs, etc. coming onto the field.

e. Should the ball become lodged in the pads of the goalkeeper or the wearing apparel of a player, the game shall be stopped and restarted by a bully on the spot where the incident occurred. If the incident occurs inside the striking circle, the bully shall be taken inside the striking circle at a point fixed by the umpire, but not less than 5 yards from the goal line.

MODIFICATIONS OF THE RULES FOR COLLEGE MATCHES

RULE 20: Substitution

In areas where local college groups agree, substitution may be permitted in intracollegiate or intercollegiate matches at halftime.

MODIFICATIONS OF THE RULES FOR SCHOOLGIRL MATCHES

RULE 6:

Note:

The Chingford ball may be used in games but all other composition balls may be used for techniques only.

RULE 18:

In interschool matches where the coaches are officiating they may coach their teams at halftime.

There shall be an official timekeeper and an official scorer. Each school shall provide one of these officials unless otherwise agreed.

RULE 20: Substitution

Substitutes may be put in only at halftime, in case of accident, or in case of disqualification.

A substitute may enter the game only after reporting to the scorer and umpires.

A player may not re-enter the game.

PENALTIES FOR INFRINGING RULE 20

a. For a breach of the substitute rule by one of the teams, a penalty corner shall be awarded to the opponents. The time at which the penalty shall be imposed shall be left to the discretion of the umpire. If the player is one who re-entered the game she shall be removed at this time.
b. For a breach of the rule by both teams simultaneously, the game shall be stopped the first time the ball is dead. Players shall be notified of the infringement of the rule, and the game shall be restarted by a bully on a spot chosen by the umpire (not less than 5 yards from the goal or side lines). If any players have re-entered the game they shall be removed.

Notes:

a. Strict interpretation of the rule is strongly recommended. However, if both coaches agree, substitution may be made at corners and bullies.
b. A player is not considered out of the game unless a substitute is put in her place.

The Code of Rules for the Game of Hockey for Women

The Women's International Hockey Rules Board

(Adopted September, 1967)

RULE 1. TEAMS AND DURATION OF THE GAME

(a) The game of hockey shall be played by two teams of not more than eleven players each, i.e., five forwards, three halfbacks, two backs, and a goalkeeper; but this formation shall not be compulsory.

(b) The duration of the game shall be 70 minutes (unless otherwise agreed), half-time being called after 35 minutes, when the teams shall change ends, and the interval shall not exceed five minutes.

(c) The game shall be controlled by two umpires (See Rule 18) whose duty it is to apply the rules. Each team shall be responsible for providing one umpire, unless otherwise agreed.

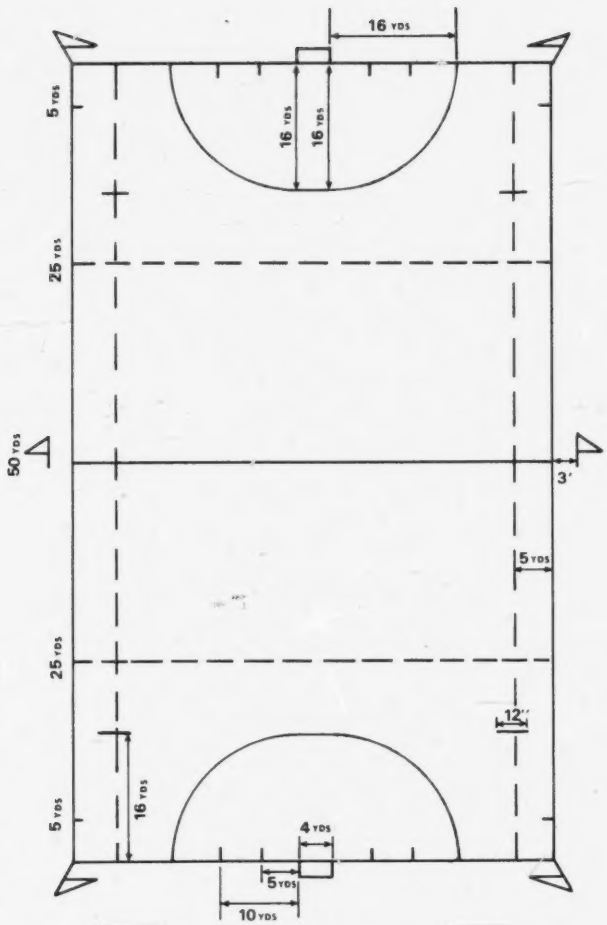
RULE 2. CAPTAINS

The captains shall (1) toss for choice of ends; (2) indicate the goalkeepers for their respective teams before starting play and after any change of goalkeeper.

RULE 3. GROUND

The ground shall be rectangular, 100 yards long and 60 yards wide. It shall be marked with white lines, the longer boundary lines to be called the side lines, and the shorter the goal lines, the latter to be 3 inches wide.

The center line shall be marked with a line throughout its length. The 25-yard line shall be marked with a dotted line throughout its length and there shall be a similar dotted line 5 yards from and parallel to each side line. A mark shall be placed on each 5-yard line parallel to the goal line and 16 yards from its inner edge. The mark shall not exceed 12 inches in length. The ground shall also be marked for penalty corner hits showing the 5- and 10-yard markings on the goal line on either side of the goal. A flagpost shall be placed for the whole game on each corner, also at the center of each side line at least one yard outside the line, and any other flagposts shall be at least one yard outside the line. All flagposts shall be at least 4 feet high (See field diagram on page 97).



Hockey Field Diagram

RULE 4. GOALS, POSTS, ETC.

A goal shall be in the center of each goal line and shall consist of two perpendicular posts 4 yards apart joined together by a horizontal crossbar 7 feet from the ground (inside measurement). The front of the goal posts shall touch the outer edge of the goal line. The goal posts shall not extend upwards beyond the crossbar nor the crossbar sideways beyond the goal posts. The posts and crossbar shall be rectangular and shall be 2 inches broad on the side facing the field of play, and not more than 3 inches in depth. Nets shall be attached firmly to the posts, crossbars, and the ground behind the goals. Narrow boards may be placed at the foot of the goal net, the shorter boards being a minimum length of 4 feet and at right angles to the goal line.

RULE 5. STRIKING CIRCLE

In front of each goal shall be drawn a white line 4 yards long and 3 inches wide, parallel to and 16 yards from the goal line. (See Rule 3.) This line shall be continued each way to meet the goal line by quarter circles having the goal posts as centers. The space enclosed by these lines and the goal line, including the lines themselves, shall be called the striking circle (See field diagram on page 97).

RULE 6. THE BALL

The cover of the ball shall be of white leather, or of any other leather painted white. It shall be sewn in a manner similar to the covering of an ordinary cricket ball, or it may be seamless. The inner portion of the ball shall be composed of cork and twine, similar to that of an ordinary cricket ball. The weight of the ball shall not be more than 5¾ ounces and not less than 5½ ounces. The circumference of the ball shall be not more than 9¼ inches and not less than 8 13/16 inches.

RULE 7. STICKS

A stick shall have a flat face on its left-hand side only. The head of a stick (the part below the top of the splice) shall not be edged with nor have insets or fittings of, hard wood or of any other substance, nor shall there be any sharp edges or dangerous splinters. Each stick shall be of such size that it can be passed through a 2-inch ring, and shall not exceed 23 ounces in weight.

The extremity of the stick shall not be cut square or pointed but shall have rounded edges.

Penalty for Infringing Rule 7

Umpire shall prohibit play with a stick which does not comply with this rule.

Note: Surgical binding on the head of the stick is allowed subject to its not preventing the head passing through a 2-inch ring.

RULE 8. UNIFORM

Each team shall wear uniform approved by its Association unless varied to avoid confusion in a particular match.

No player shall have any metal spikes, metal studs, or protruding nails in boots or shoes, nor shall she wear a metal brooch or anything that may be dangerous to other players.

RULE 9. THE BULLY

The game shall be started by one player of each team together bullying in the center of the ground (and after each goal and half-time).

To bully, each player shall stand squarely facing the side lines, each with her goal line on her right and shall strike first the ground on her own side of the ball and then her opponent's stick over the ball three times alternately; after which one of these two players shall strike the ball before it is in general play.

The flat face of the stick only may be used for making contact with an opponent's stick at a bully.

Every other player shall be nearer to her own goal line than the ball (except in the case of a penalty bully), and shall not stand within 5 yards of the players participating in the bully until the ball is in general play.

A bully in the circle shall not be taken within 5 yards of the goal line.

Penalty for Infringing Rule 9

The bully shall be taken again.

RULE 10. METHOD OF SCORING

Except as especially provided for in Rule 14, a goal is scored when the whole ball has passed entirely over the goal line under the bar, the ball, while within the striking circle, having been hit or glanced off the stick of an attacker. Should the ball before passing between the goal posts come in contact with the person or stick of a defender, or defenders, a goal shall be scored.

Should the goal posts or bar become displaced and the ball pass at a point which, in the umpire's opinion, is between where the posts or below where the bar should have been, she shall give a goal.

The team scoring the greater number of goals shall be the winner.

RULE 11. OFFSIDE

A player of the same team as the striker or the roller-in is offside if she is nearer her opponents' goal line than the striker or roller-in at the moment when the ball is hit or rolled in, unless she is in her own half of the field or there are at least three of her opponents nearer to their own goal line than she is. A player who is in an offside position shall not be put onside by reason of the ball having touched or glanced off the stick or person of an opponent. She should not be penalized unless she is gaining any advantage from having been in an offside position.

Penalties for Infringing Rule 11

(a) Inside the circles
A free hit to the opposing team from any spot within the circle.
(b) Outside the circles
A free hit to the opposing team on the spot where the breach occurred.

RULE 12. FOULS

A player shall not –
(a) raise any part of her stick above her shoulder when playing or attempting to play the ball.
(b) play the ball with the rounded side of her stick.
(c) undercut the ball; hit blindly into an opponent; or play the ball in such a way as to cause it to rise dangerously.

Note: The scoop stroke, which raises the ball, is permissible (except as especially provided for in Rule 13), but the umpire shall penalize this stroke if in any particular instance it be either dangerous in itself, or likely to lead to dangerous play.

The umpire shall have power to penalize a player who continually raises the ball.

(d) strike, hit, hook, hold, or interfere in any way with her opponent's stick.
(e) hit or pass the ball between her feet.
(f) stop the ball on the ground or in the air with any part of the body, except the hand. If the ball be caught, it shall be released into play immediately. The foot or leg may not be used to support the stick in order to resist an opponent.
(g) pick up, kick, throw, or carry the ball or propel it in any manner or direction, except with the stick, save as provided for in Rule 15.
(h) trip, shove, push, charge, strike at, or in any way personally handle her opponent.

(i) obstruct by running between her opponent and the ball or by interposing herself or her stick as an obstruction. Rough or dangerous play, or, in the case of the goalkeeper, dangerous kicking, shall not be permitted, nor any behavior which, in the umpire's opinion, amounts to misconduct.

(j) interfere in the game in any way unless her stick is in her hand.

Note: If the ball becomes lodged in the pads of the goalkeeper or in the wearing apparel of any player or umpire, the umpire shall suspend the game and restart it by a bully on the spot where the incident occurred (subject to Rule 9). A ball touching an umpire, post, or crossbar is in play unless it goes off the ground.

Goalkeeper's Privileges

The goalkeeper shall be allowed to kick the ball or to stop it with any part of the body but only in her own circle. She shall not be penalized if, in stopping a shot, the ball, in the umpire's opinion, merely rebounds off her person or hand. In the event of her taking part in a penalty bully, these privileges shall not be allowed her.

Penalties for Infringing Rule 12

(1) Outside the circles
A free hit to the opposing team on the spot where the breach occurred. If, however, the umpire be satisfied that an offense committed by any defender inside her own 25 yards area was deliberate, she may award a penalty corner.

(2) Inside the circles
(a) For any breach by the attacking team a free hit to the defending team from any spot within the circle.
(b) For any breach by the defending team a penalty corner or a penalty bully.

(3) Inside or outside the circles
In the event of two players being simultaneously at fault, a bully shall be given on the spot where the breach of the rule occurred (subject to Rule 9).

(4) For rough or dangerous play or misconduct
In addition to awarding the appropriate penalty, the umpire may also warn the offending player or suspend her from further participation in the game.

RULE 13. FREE HIT

On the occasion of a free hit, no player other than the striker shall be within 5 yards of the spot where such hit is to be made. Should, however, the umpire consider that a player is standing

within 5 yards to delay the free hit she shall not stop the game. After taking such hit the striker shall not play the ball again until it has been touched or hit by another player. The ball shall be stationary. Any legitimate stroke may be used except that any ball propelled into the circle shall not rise above knee height.

If the striker hits at but misses the ball, the stroke shall be taken again by her provided that she has not given "sticks."

Penalties for Infringing Rule 13

If any player other than the striker be within 5 yards of the ball at the time of a free hit, the hit shall be taken again except as especially provided for in this rule.

(1) Inside the circles
A penalty corner.

(2) Outside the circles
A free hit to the opposing team on the spot where the breach occurred.

RULE 14. PENALTY BULLY

A penalty bully shall be awarded when in the umpire's opinion –

(a) a goal most probably would have been scored but for a breach of Rule 12 inside the circle by one of the defending team; or

(b) there has been a willful breach of Rule 12 inside the circle by one of the defending team.

A penalty bully shall be played by the offender, or if she has been incapacitated or suspended, by one of the backs of the defending team and by any player selected by the other team, on a spot 5 yards in front of the center of the goal line. Should the offender be the goalkeeper, she shall not be allowed to remove her pads. All other players shall be beyond the nearer 25-yard line in the field of play, and shall not cross such 25-yard line or take any further part in the game until the penalty bully is completed.

If during the progress of a penalty bully the ball passes wholly –

(1) over the goal line between the goal posts and under the cross-bar off the stick of the attacker or stick or person of the defender, a goal is scored;

(2) over any part of the goal line which is within the circle, other than that between the goal posts, off the stick or person of the defender, the bully shall be taken again;

(3) outside the circle in all other cases, the game shall be restarted by a bully at the center of the nearer 25-yard line.

If during the progress of a penalty bully the ball becomes lodged in the pads of the goalkeeper or in the wearing apparel of any player or umpire, the bully shall be taken again.

In the event of a penalty bully having to be taken on the call of halftime or time, the umpire shall allow extra time, until either a goal has been scored or the penalty bully has been completed.

Penalties for Infringing Rule 14

(a) Breach of any rule by the offender (except Rule 9)
The attacking team shall be awarded a goal.
(b) Breach of any rule by the player selected by the attacking team (except Rule 9)
The bully shall be considered over and the game restarted by a bully on the center of the nearer 25-yard line.
(c) Simultaneous breach of any rule by both players
The bully shall be taken again.
(d) Interference by any other player
The bully shall be taken again.

RULE 15. ROLL-IN

When the ball passes wholly over the side line it shall be rolled into play by hand in any direction by an opponent of the player who last touched it.

The ball shall be rolled in without delay and shall not be bounced or thrown and shall touch the ground in the field of play within one yard of the point where it crossed the line.

The roller-in shall stand outside the field of play and shall have her feet and stick behind the side line and shall only play the ball again after another player.

All the other players of both teams shall be in the field of play and have their feet and sticks behind the 5-yard line. If, however, in the umpire's opinion, any player of either team remains within the 5-yard line, or outside the side line, in order to gain time, she should not cause the roll-in to be delayed. Players may cross the 5-yard line as soon as the ball leaves the hand of the roller-in.

Penalties for Infringing Rule 15

(a) By the player who rolls in
The roll-in shall be taken by one of the opposing team.
(b) By any other player
The roll-in shall be taken again except as especially provided for in this rule.

RULE 16. BEHIND

(a) When the ball is sent behind the goal line by one of the attacking team, and no goal is scored, or if it is, in the umpire's opinion, *unintentionally* sent behind the goal line by one of the

defending team who is beyond the 25-yard line, the game shall be restarted by a free hit to be taken by one of the defending team exactly opposite the place where it crossed the goal line and 16 yards from the inner edge of that line.

(b) When the ball glances off, or is, in the umpire's opinion, *unintentionally* sent behind the goal line by one of the defending team behind the 25-yard line, a corner shall be given to the attacking team unless a goal be scored (See Rule 10).

(c) When, however, the ball is, in the umpire's opinion, *intentionally* sent behind the goal line by one of the defending team, a penalty corner shall be given to the attacking team unless a goal be scored.

RULE 17. CORNER AND PENALTY CORNER

(a) Corner
A player of the attacking team shall hit along the ground or push the ball along the ground, no other type of stroke being allowed, from a point on the side or goal line within 5 yards of the nearer corner flag, and at the moment of such stroke the rest of the attacking team (their sticks and feet) shall be outside the circle in the field of play. Six of the defending team (their sticks and feet) shall be behind their own goal line. The rest of the defending team shall be beyond the nearer 25-yard line until the ball has either been touched by a player other than the one taking the corner hit or has gone out of the circle. No player shall be within 5 yards of the striker when the corner is taken. No shot at goal shall be made by one of the attacking team from a corner or from a pass or a deflection unless the ball has first been stopped (not necessarily motionless) or has touched the person or stick of a defender. A player taking a corner shall not play the ball again until it has been touched or hit by another player. If the player taking the corner misses the ball, the corner shall be taken again provided she has not given "sticks."

(b) Penalty Corner
The ruling shall be the same as for a Corner, except that the ball shall be hit along the ground or pushed along the ground from a point on the goal line not less than 10 yards from the goal post on whichever side the attacking team prefers. No goal shall be scored directly by the player taking the corner.

Penalties for Infringing Rule 17

In the case of the attackers entering the circle or any of the six defenders crossing the goal line, or any of the rest of the defending team crossing the 25-yard line before the ball is in play as provided for in the rule, the corner shall be taken again.

For any other breach of this rule by the attacking team the penalty shall be –

(a) Inside the circles
A free hit to the defending team from any spot within the circle.

(b) Outside the circles
A free hit to the defending team on the spot where the breach occurred.

RULE 18. UMPIRES AND TIMEKEEPERS

Each umpire shall take half the ground for the whole of the game without changing ends and shall umpire so that when facing the ground the goal in her half of the field shall be on her right. She shall take one side line and give decisions as to the roll-in (but not the corner hit) in both halves of the ground. The umpire shall allow (the elements permitting) the full or agreed time, and keep a written record of the goals scored. It shall be permissible to have timekeepers by agreement. The umpire may instruct the timekeeper to blow the whistle for half and full time or to advise her, the umpire, when to do so. Time shall be allowed for all enforced stoppages and, when necessary, extra time for the completion of a penalty bully as provided for in Rule 14. Until a decision is given the ball is in play.

Umpires are debarred from coaching during a game.

The umpire shall blow the whistle to –

(i) Start and end each half of the game; also to restart the game after a goal has been scored in her own half of the field.
(ii) Enforce a penalty, or to suspend the game for any other reason.
(iii) Indicate, where necessary, that the ball has passed wholly over the goal line or side line.
(iv) Signal a goal.

The umpire shall refrain from putting the provision of any rule into effect in cases where she is satisfied that by enforcing it she would be giving an advantage to the offending team, and she shall give all decisions without waiting for an appeal.

RULE 19. ACCIDENTS

When a player or an umpire is incapacitated, the umpire or other umpire shall suspend the game, noting the time lost, which shall be added to the end of the half during which the accident occurred. The game shall be resumed as soon as possible, and in any case within five minutes, by –

(a) a bully (subject to Rule 9) on a spot to be chosen by the umpire in whose half of the ground the player was hurt; or
(b) the appropriate penalty when the accident was the result of a foul; or

(c) the implementing of a decision given before the game was suspended.

If the umpire concerned has been incapacitated, the other umpire shall restart the game.

When injury to a player results in her inability to complete a game, a substitute may be entered in her place at the request of the captain.

Such substitution shall take place with the sanction of both umpires. After substitution has taken place, an injured player shall take no further part in the game.

No team shall use more than two substitutes in any match.

INTERPRETATIONS

Inquiries on interpretation of rules must include a stamped, self-addressed envelope and should be addressed to Angela G. Poisson, 130 Reut Dr., Stratford, Conn. 06497. In writing, please include the number of the rule and the section to which your inquiry refers.

QUESTIONS AND ANSWERS ON THE RULES

Rule 1

What is the duration of a hockey game?

Answer. The duration of the game shall be 70 minutes (unless otherwise agreed), half time being called after 35 minutes, when the teams shall change ends, and the interval shall not exceed 5 minutes. (See *Notes* on Rule 1 for changes in playing time.)

Rule 4

1. May the goal measurements be changed when making the field smaller?

Answer: No. A goal shall be in the center of each goal line and shall consist of two perpendicular posts four yards apart joined together by a horizontal crossbar seven feet from the ground (inside measurement).

2. Where should the goal posts be placed in relation to the goal line?

Answer: The front of the goal posts shall touch the outer edge of the goal line.

Rule 5

Are the lines of the striking circle a part of the striking circle?

Answer: Yes, the space enclosed by these lines and the goal line, including the lines themselves, shall be called the striking circle.

Rule 8

May a player wear shoes with metal spikes or metal studs?

Answer: No. No player shall stand within five yards of the players participating in the bully until the ball is in general play.

Rule 9

May a player move closer than five yards on a bully after the third hit of sticks?

Answer: No. No player shall stand within five yards of the players participating in the bully until the ball is in general play.

Rule 10

1. On a penalty corner, the wing sends the ball to the center halfback who receives the ball just outside the circle. She stops the ball and drives it into the goal. What is the umpire's decision?

Answer: Defense hit. The ball must be touched by an attack player inside the circle with a legal stroke in order for a goal to be scored.

2. A right wing standing outside the circle with the ball on the circle line drives the ball into the goal. What is the umpire's decision?

Answer: Goal. A goal is scored when the whole ball has passed entirely over the goal line under the bar, the ball, while within the striking circle, having been hit or glanced off the stick of an attacker. The lines bounding the striking circle are included in the striking circle.

Rule 11

1. On a penalty corner after the wing hits the ball, she moves into the field of play and stands about four feet from the goal line. During the immediate play, the defense intercepts the ball and hits it outside the circle where an attacking halfback receives the ball and passes it to the aforementioned wing. Except for the goalkeeper and one fullback, all other defensive players have moved toward the edge of the circle. Is this legal?

Answer: No. There must be at least three of her opponents nearer to their own goal line than she is. Decision – free hit.

2. A forward who is rushing her shot runs over the goal line into the goal cage. The forward remains quietly in the cage while the play continues. Is this legal?

Answer: No. She is gaining an advantage by distracting the defense. Decision – free hit.

Rule 12

1. A player in mid field raises the handle of her stick above her shoulder to play a lofted ball. What is the umpire's decision?

Answer: Free hit for opponents. A player shall not raise any part of her stick above her shoulder when playing or attempting to play the ball.

2. An attack player advances the ball in the circle. A defense player has an even chance to gain possession of it. Should the umpire hold her whistle?

Answer: No. Inside the circle for any breach by the attacking team a free hit for the defending team should be taken from any spot within the circle.

3. A forward who is rushing to score a goal is unable to control her body. Simultaneously as she contacts the ball she bumps into the

goalkeeper, knocking her down. The ball goes into the goal cage. Is this a goal?

Answer: No. It is a free hit for the defense. A player shall not trip, shove, push, charge, strike at, or in any way personally handle her opponent.

4. A center halfback who is just outside the striking circle uses a high scoop to place the ball into the circle. An attacking forward rushes the ball, swings at and hits the ball wrist-high, driving it into the goalkeeper who is coming out to play the ball. The ball goes off the goalkeeper into the goal. What is the umpire's decision?

Answer: Free hit for the defense. The hit by the attacking forward is dangerous.

5. A goalkeeper prevents a goal by stopping the ball with her foot. As she clears the ball with her stick, she makes "sticks." Is this a penalty bully or penalty corner?

Answer: Penalty corner. The goalkeeper made a legal stop on the shot on goal. The foul occurred on the clear.

6. The ball is cleared by the goalkeeper, but just before crossing the sideline it hits the umpire who has come in slightly to see the play. It bounces from the umpire toward the circle. What is the decision?

Answer: Play continues. A ball touching an umpire, post, or crossbar is in play unless it goes off the field.

Rule 13

A player who is to take a free hit for her team notices that the umpire is motioning her to bring the ball several yards ahead. She hits the ball toward the spot indicated, then takes the free hit without stopping the ball. Is this legal?

Answer: No. The ball shall be stationary on a free hit.

Rule 14

1. If during the progress of a penalty bully the ball becomes lodged in the pads of the goalkeeper or in the wearing apparel of any player or umpire, what shall be the umpire's decision?

Answer: Repeat penalty bully.

2. A fullback who is backing up her goalkeeper stops a shot at goal with the round side of her stick. What is the decision of the umpire?

Answer: Penalty bully with the fullback committing the foul and any opponent.

Rule 15

1. On a roll-in, a player attempts to delay the game by standing in the alley. What is the decision of the umpire?

Answer: Hold whistle. If in the umpire's opinion, any player of either team remains within the five yard line, or outside the side line, in order to gain time, she should not cause the roll-in to be delayed.

2. In an attempted roll-in, the ball does not enter the field of play. Who gets the roll-in?

Answer: Roll-in is taken again by the same team. (Rule 15, notes)

Rule 16

1. The wing sends the ball out of bounds over the opponents' goal line between the five yard line and side line. How is play restarted?

Answer: Defense hit. When the ball is sent behind the goal line by one of the attacking team, not between the goal posts the game shall be restarted by a defense hit exactly opposite the place where it crossed the goal line and 16 yards from the end line.

2. A fullback who is between the 25-yard line and the center line attempts to control a hard drive. The ball hits her stick and goes out of bounds over the goal line. How is play restarted?

Answer: Defense hit. If, in the opinion of the umpire, the ball is unintentionally sent behind the goal line by one of the defending team who is beyond the 25 yard line, the game shall be restarted by a defense hit.

Rule 17

1. On a penalty corner a forward who is in the circle receives a ball deflected from the stick of a defender and shoots for goal without stopping the ball. What is the decision of the umpire?

Answer: This is a legal play. No shot at goal shall be made by one of the attacking team from a corner or from a pass or a deflection unless the ball has first been stopped (not necessarily motionless) or has touched the person or stick of a defender.

2. A player taking a corner hit stands with one foot in the playing field. Is this legal?

Answer: Yes. The player taking a corner hit or penalty corner hit may stand with her feet in any position, provided the ball is placed in accordance with the rule. (Rule 17, notes)

Rule 19

1. One of the duties of the umpires is to recognize substitutes. True or False?

Answer: True. Substitution shall take place with the sanction of both umpires.

2. How shall the game be restarted after an injury?

Answer: A bully on a spot to be chosen by the umpire in whose half of the field the player was hurt; or
the appropriate penalty when the accident was the result of a foul; or
the implementing of a decision given before the game was suspended.

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ACTIVE MEMBERSHIP

If you are interested in playing lacrosse, write to the nearest local association president or to the USWLA first vice president for information.

ASSOCIATE MEMBERSHIP

Associate members are those individuals who are not active players but who wish to retain their interest in the Association. Such members may affiliate either through a local association or directly with the USWLA. An associate member in good standing is eligible

for office. An associate member receives a copy of USWLA publications and notification of USWLA events. When affiliating through a local association the member also receives notification of local activities. If you are interested in being an associate member, write to the nearest local association president or to the USWLA first vice-president.

ALLIED MEMBERSHIP

School and college allied members of the USWLA are given assistance in their lacrosse programs by local associations and the USWLA. Special events for allied members include play days, coaching, and exhibition games. Technical material; film rental at reduced rates; and a copy of *Crosse-Checks*, the publication of the USWLA, are available to allied members. For further information, write to the nearest local association or to the USWLA first vice-president.

NOTE: All schools in a state where a local association exists should ally directly with that local association. If there is no local association, but you are within an 80-mile radius of an existing association, contact that association. All others contact the USWLA first vice-president for allied membership. (See preceeding page for local association addresses.)

Figure 1.

The U.S. attack wing (with ball) has passed her opponent and is running directly toward goal. (Note the top hand high upon the crosse.) The U.S. first home is drawing her defensive player (point) away from the ball and forcing her to lose sight of the ball.

HONORARY MEMBERSHIP

Honorary membership is conferred upon outstanding individuals for exceptional and meritorious service to the USWLA. The following have been awarded this honor: Joyce Cran Barry (deceased), M. O. Newbold (deceased), Kathleen Lockley, Marjorie Buxton, Anne Dudley Smith, Helena Wheeler, Martha Butler Klug (deceased), Betty Richey, Anne Pugh LeBoutillier, Gretchen Schuyler, Suzanne Cross, Gertrude Hooper, Margaret Botd, Gloria Heath, Rosabelle Sinclair, Anne Lee Delano, Jane Vaché, Betty Shellenberger, Ann Coakley, Jane Oswald, and Mary Fetter Semanik.

USWLA TEAMS – 1971

U.S. Team	Position	U.S. Reserve Team
J. Pitts 6F,4R,A,B,C	1H	D. Helfrich 3R,C
S. Weld 1F,2R,C	2H	K. Brown 1R
A. Bixler 3F,5R,A,C	3H	C. Burgess 1R
T. Sloan 4F,1R,B,C	RAW	J. Luce 1R
J. Lippincott ...2F,1R,C	LAW	S. Vetter 2R
J. Hedges 6F,2R,A,C	C	D. Philippi 4R
J. Smiley .. 8F,1R,A,B,C	LDW	R. Cash 2R
J. Smith 2F,2R,B,C	RDW	S. Kidder 2R
D. Wright 1F,1R,C	3M	P. Jezukawicz 3R
S. Honeysett 7F,2R,A,B,C	CP	C. Klinefelder 2R
G. Allebach 2F,2R	P	H. Alden 2R
L. Swarts 4F,1R,B,C	G	S. Wilson 1R

F Years on first team
R Years on reserve team
A 1964 Touring Team to Great Britain and Ireland
B 1969 Touring Team to Australia
C 1970 Touring Team to Great Britain and Ireland
Honorable Mention: D. Harrison, M. L. Thimas, Faith Ward

UNITED STATES TEAM 1971

Front row, left to right: Diane Wright, Gail Allebach, Sue Honeysett, Agnes Bixler, Janet Lippincott; *Back row:* Janet Smith, Linda Swarts, Sharon Weld, Tina Sloan, Jackie Pitts, Judith Smiley, Judith Hedges.

UNITED STATES RESERVE TEAM 1971

Front row, left to right: Dale Philippi, Janet Luce, Carole Kleinfelder, Kim Brown, Deedee Helfrich; *Back row, left to right:* Sue Kidder, Sherry Vetter, Sally Wilson, Holly Alden, Connie Burgess, Pam Jezukawicz, Robin Cash.

Why the USWLA?

CAROLINE HAUSSERMANN

Caroline Haussermann was educated at Vassar College, Poughkeepsie, New York. She is director of the Merestead Hockey and Lacrosse Camps and was formerly assistant professor of women's physical education at the College of William and Mary, Williamsburg, Virginia. She is now president of the United States Women's Lacrosse Association.

Politics, poverty, Vietnam, generation gap, social reforms – with all these contemporary problems, where is there time for people to be involved with a minor sport and its organization? How can one defend the hours spent in developing, improving, and administering women's lacrosse?

These are questions often asked by those deeply committed to the USWLA. They deserve to be answered if we are to justify our existence and efforts.

First, what are the values of the game itself? It is a running game involving the use of the entire body; it can be played from the age of 12 through middle-age. It involves maximum headwork with a minimum of basic, unique skills. The fundamentals may be learned within a few days. It is closely allied with basketball and compliments the latter as an outdoor sport; it may be played during all seasons of the year, except for midwinter. It can be played on any moderately smooth surface with few markings or specific equipment. Necessary supplies, such as balls and sticks, are long-lasting and relatively inexpensive and impersonal; no body equipment – except that used by the goalie – is necessary. Most important, all 12 players on a team are involved throughout the game. While individual practices may be done alone, all can be kept busy during practice sessions.

To keep pace with the rapidly expanding interest in women's lacrosse, the USWLA meets five times a year as a board and functions throughout the year as a series of committees. Board members are both elected and appointed. All are serving in a voluntary capacity. They represent the interests of schoolgirls, college students, and club players in helping to promote the game, to provide competition at all levels, to encourage sound teaching, to circulate pertinent material as teaching aids, to establish basic minimal rules, and to insure a high standard of play.

In the accompanying chart, the organization of the USWLA is explained. The five elected National officers oversee the functioning of many standing and ad hoc committees. The names of those chairing the committees through 1972 are found on page 113. It is very much an organization which functions for the players and teachers, and it works in close harmony with them. It is always flexible, always far-seeing, and usually practical.

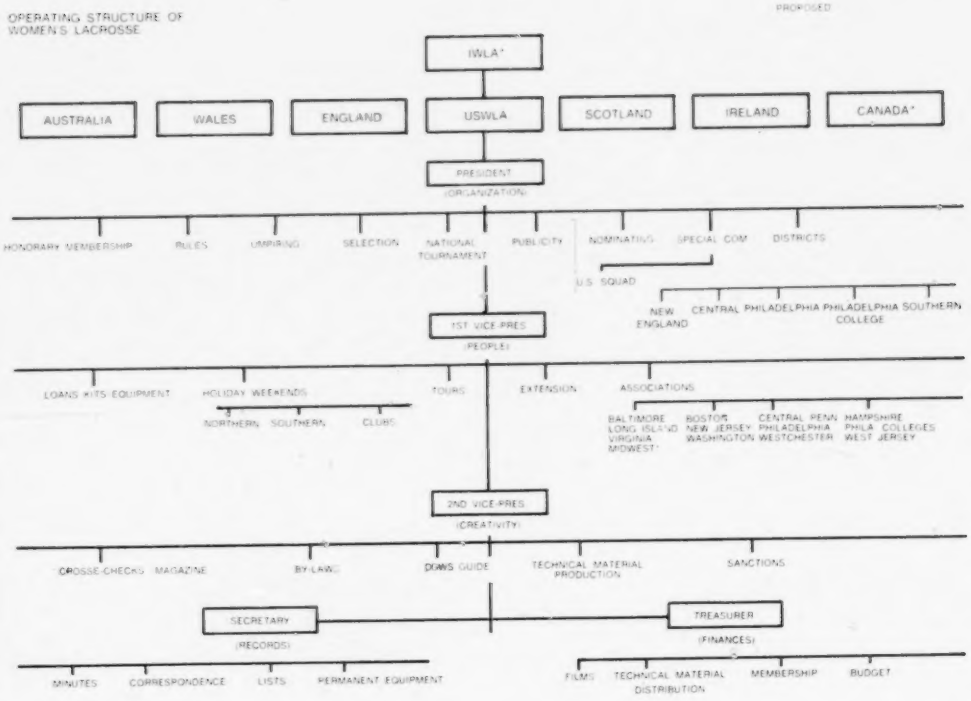
As the USWLA spreads into the midwest and deep south, the game continues to develop throughout the world. The USWLA, working closely with the All-England Association, is playing an instrumental role in the present emergence of an International Women's Lacrosse Association (IWLA). Countries presently offering international competition in this sport are England, Ireland, Wales, Scotland, Australia, and the United States. Canada and Holland will hopefully join soon.

". . . to share a common interest."

The IWLA will endeavor to standardize rules throughout the playing world, to further promote international exchanges of teams, and to develop lacrosse in new areas. Presently, Great Britain and the United States have a regular schedule of international competition, while Australia is now offering occasional tours.

And so, back to the original question, "Why"? The USWLA allows girls and women of all ages to share a common interest. It offers a game which is challenging and excellent exercise, yet which has no body contact and few injuries. It makes available used equipment on a free-loan basis to schools wishing to try the sport. It circulates written material and films to its membership and organizes play-days and tournaments for all levels of play. It conducts a national tournament at which the representative United States teams are chosen. It interprets and standardizes rules throughout the country. It actively promotes the exchange of teams with other countries, which leads to many lasting friendships and better understanding with those from abroad. It is indeed people working with people to develop the best in understanding, cooperation, and competition through the medium of an exciting and lovely sport. We are convinced that the USWLA gives a worthwhile contribution to a busy, complex, and often trying world.

OPERATING STRUCTURE OF
WOMEN'S LACROSSE



The Unique Challenge

ANN O. COAKLEY

Ann Coakley received her B.S. degree from Boston University's Sargent College, and her M.Ed degree from the University of North Carolina. She is an assistant professor at Bridgewater State College, Bridgewater, Massachusetts where she has taught in the physical education major and service programs for 11 years. Ann Coakley has held many positions in the Boston Women's Lacrosse Association and the United States Women's Lacrosse Association. She was a playing member of the 1951 USWLA Touring Team and the manager of the 1970 USWLA Touring Team to Great Britain and Ireland.

Women's lacrosse is distinctly different from men's lacrosse in game structure, player positions, rules and boundaries, team and individual strategy, and in the skilled use of a lacrosse stick. Women's lacrosse is a game that involves the molding of a team effort through the combined creativity of 12 individuals who must cooperate to compete against a similar team. Women's lacrosse also includes player-for-player competition as opposed to the type of play in which power is more important than skill.

The development of women's lacrosse in America has been subject to the varying and sometimes contrary influences of the American men's concept of a team sport. In women's lacrosse, the basic theory and practice of play remains that each player maintains a one-to-one challenge with her direct opponent, plus the additional challenge of a team effort of scoring or defending against the opposing set of individually-matched players. This man-to-man challenge within the structure of a team sport marks the *unique quality* of women's lacrosse.

On the other hand, the men's theory of team play often involves the concept of a power structure which negates the need for individual stickwork skill and the individual competition concept.

Basketball has often been related to women's lacrosse. The comparison is only partially valid. Basketball and lacrosse have only one similarity, that of cutting for a pass – no other game tactic is interchangeable because of the playing area, location of goal, number of team players, and the variance of skills needed.

With the current development of international competition in women's lacrosse, it is imperative that all coaches know and understand the basic theory of play – a one-to-one player challenge

plus the additional combination of several player challenges within a team effort. Whether the level of play is with beginners, local associations, national players, or international players, the basic theory of play must be maintained in order to improve the standard of play. And the basic theory of play is predicated on the development of individual lacrosse skills. If the teacher or coach of lacrosse does not concern herself with skills development, then the game of lacrosse shall be reduced from the fastest, most free, most creative, and most beautiful of women's team sports to the overpowering, muddled spectacle of danger which typifies any player's lack of skill. If any teacher or coach feels that she can override the lack of player skill by employing some of the male coaches' methods of team play that encourage power over skill, then women's lacrosse is due for a regression rather than for progress.

International lacrosse is based upon national standard, local standard, and the learner's standard. England and America have initiated international competition and international exchange which has aided the development of the game. England and America have combined a touring group to help Australia, New Zealand, Hong Kong, and Tokyo. England has helped to introduce the Netherlands to the game. America has previously combined with Canada to show the direction of women's lacrosse. The participating countries involved in lacrosse are hopeful that lacrosse standards will remain free of muscle power domination and will represent the highest degree of lacrosse skill competence.

Learning the skills of lacrosse comes first. Learning and knowing the freedom, creativity, and execution of skills in a game situation come second. Playing lacrosse and putting game skills and game knowledge together come third. And then the local association, the district, the national association, and international competition are open fields for marvelous experiences in life. Women's lacrosse is the fastest game, the most free game, the most fun game, the most creative game, and the most beautiful game of women's team sports. Let's play lacrosse!

Skill Tips

AGNES S. BIXLER

Agnes Bixler received her A.B. and B.S. degrees from Smith College, Northampton, Massachusetts. She also has a teaching certificate from Chelsea College of Physical Education, Eastbourne, England. She has taught at Vassar College, Poughkeepsie, New York and is currently teaching at the University of Delaware, Newark. She has been named to the United States Lacrosse Team three years, to the reserve team four years, and to the touring team to Great Britain and Ireland in 1964 and 1970. Agnes Bixler is chairman of the 1974-76 Lacrosse Guide *Committee and is a consultant to the DGWS* Squash Guide *Committee.*

Certain skills are basic to every lacrosse teaching unit and must be reviewed each season no matter what level of skill the players have attained.

In some instances, especially at the intermediate level, some of the basic teaching points are neglected by the teacher. More advanced players and experienced coaches realize that it is easy to become careless in one's stickwork because of extra concentration on game strategy. This carelessness may be the result of laziness, overconfidence, or just plain lack of concern.

The wisest players and teachers reemphasize major points every season whether it is to a group of beginner, intermediate, or advanced players. The following points should be stressed when teaching or reviewing the basic skills. This is in no way a complete guide to the teaching points involved in each of these skills; it is offered only as a supplement to the teacher's basic knowledge.

Points To Emphasize

SKILL

Grip

1. Make sure "V" of top hand is in front of the crosse for the catch and cradle; it slides toward the back for the throw.
2. Grip the crosse tightly with both hands. This is important in order to keep the ball in when being checked and when dodging.

Cradle

1. Keep top hand close to the head when dodging and pivoting.
2. Keep bottom hand above the elbow.
3. Keep the ball high in the crosse.

Pivot

1. Do not stop cradling.
2. Keep top hand in close to head on the side away from the opponent.

Pick up

1. Ball coming toward you: This is as a catch at a low level; therefore, there should be a give with the crosse and the crosse should be at right angles to the ball, not flat to the ground.
2. Ball going away from you: a. Get both hands down to the ground, b. run faster than the ball, c. turn crosse at a slight angle to the path of the ball.

Catch

1. Reach forward in order to catch the ball as soon as possible.
2. Wrap the crosse around the ball.
3. Try to catch the ball high in the crosse.

Throw

1. Create a leverage action between the top and bottom arms.
2. Follow through with wrist and arm action of the top hand.
3. Point the crosse in the direction of the throw.
4. Finish with the bottom hand under the opposite arm pit to assure the complete throwing action of the top hand.

Body Checking

1. Begin before your opponent gets to you.
2. Run sideways or forward, not backwards.

Stick Checking

1. Use short hard taps for checking up or down.
2. Try to hit the ball rather than the crosse.
3. Be persistent.
4. Try to go against the rhythm of the opponent's cradling action.

Aiming Shots At Goal

1. Aim high into the corners.
2. Be sure edge of goal is at waist level.
3. Be sure the bounce shot hits the ground right before the crease and skids into the goal.
4. Try to deceive the goalkeeper by faking one type of shot and shooting another.

Figure 1. The goalkeeper is concentrating on the play and the ball. Note her weight is on the balls of her feet.

Patterned Play*-A Concept

NATHALIE SMITH
and SYLVIA GIOLLOMBARDO

Nathalie Smith received her B.S. degree from Boston-Bouvé College and her M.S. degree from Hofstra University, Hempstead, N.Y. She is currently studying for her doctorate at the University of Southern California at Los Angeles. She has been selected to nine United States Lacrosse Teams and three Touring Teams.

Sylvia Giollombardo received her B.S. degree from Sargent College and her M.S. degree from Hofstra University. Currently she is an associate professor and chairman of the department of physical education (men and women) at Hofstra University. She has been a player and coach of lacrosse.

Since the beginning of lacrosse, there has always been the understanding that to be an attack player required not only skill but also imagination. However, the difficulty in developing attack players from the skilled to the highly skilled level has been in dealing with the concept of what one is supposed to do when told, "use your imagination."

The proposed pattern of play attempts to assist the intermediate player's understanding of field play by establishing a required pattern of movement from each player, but at the same time allowing for creative options. This sample pattern is only one of many that can be created.

The game pattern is taught as a specific team drill with each player learning all the movements required of each attack position. It is the individual movement of the player that will make the pattern a success.

It must be understood that even though the concentration in this drill pattern is on patterns of movement, the players must, as always, maintain and improve their own level of skill.

Every attack player should adhere to the following basic principles inherent in the patterned play:

1. get the ball and go for goal at full speed
2. pass the ball before the defense can crosse-check
3. complete your assignment in the pattern
4. be in a specific area at a specific time
5. arrive at your assigned area free of your defense player
6. be a threat with or without the ball.

*Designed for players who have reached that level of skill which allows them to "see" the field of play, rather than having to concentrate on the skills of catching and throwing.

Sample Patterned Play

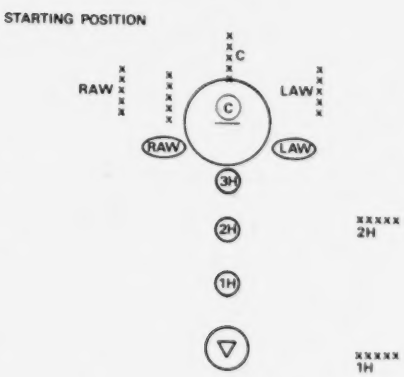


Figure 1.

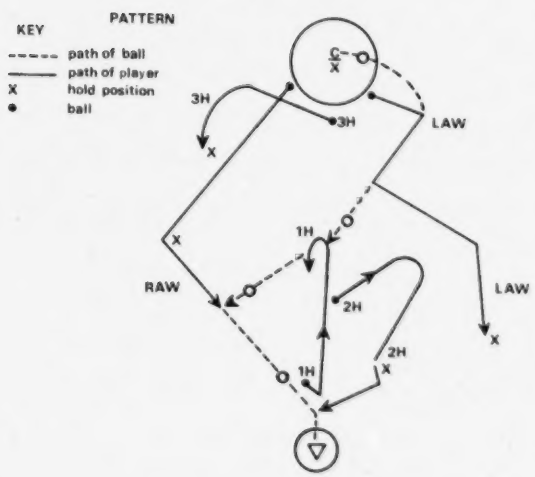


Figure 2.

DRILL

1. The drill begins with the lineup for a center draw.
2. Center makes a looping pass, simulating a center draw to LAW who moves out away from circle to receive ball, pivots, and goes toward goal.

   NOTE: As the center passes the ball, the following players are in motion and the timing must be worked out depending upon the speed of the players.
3. RAW goes down field immediately and holds on line with 2H position until LAW shoots the ball to 1H.
4. 3H moves to RAW position but away from circle (and turns toward goal).
5. 2H cuts up field (on the side from which the ball was hit), then cuts down field.
6. 1H cuts away from goal and then goes straight up to 2H position and receives ball from LAW. 1H pivots and passes to RAW who passes to 2H who shoots.
7. After her assignment is completed, each player holds in position indicated by X, ready for option moves if shot for goal is unsuccessful.

PROCEDURE

1. Players move out into starting positions as soon as preceding group completes pattern.
2. Players stay in same line until they understand positioning completely, then rotate.
3. The pattern should be practiced from the center draw on both sides of the field.
4. When the basic pattern has been run with each position played and understood by all players, the pattern is then initiated from the defense to the AW.

When the AW goes past the center circle to receive the ball from the defense, the center cuts out to side to receive the ball from the AW and replaces the AW in the pattern.

5. Once the pattern can be completed regardless of where it's initiated, the defense is added.
6. In the basic pattern the path of the player and the path of the ball remain constant.

If a team has been well drilled in the pattern, with the defense marking, and understands the concept and the need for being in a specific spot at a specific time, option plays can begin to be developed.

In the option plays, the players' pattern of movement generally remains the same; but the flight of the ball changes. The 3H, C, or player with the ball can initiate options by cutting, eliminating a pass, or by by-passing a player, going toward goal, etc.

At this point, when a break occurs in the pattern, the replacement concept can be introduced; but the players must maintain the pattern and assume the responsibility of that new position.

It should be clearly understood that patterned play is only a progression to develop a basis from which the player may move to the level of creating her own patterns of play. It is in no way intended to restrict or limit the creativity of the player in a game situation. We invite you to try this concept either using the sample pattern or "creating" your own.

Figure 3. The United States coverpoint, being pursued by an opponent, concentrates on fielding a ground ball. Note the good position – body and legs bent low and right hand high on the collar of the crosse.

Borrowing Drills from Leading Players and Coaches

Compiled by PHILADELPHIA WOMEN'S LACROSSE ASSOCIATION

1. Indoor Warm-up Drill to Music

a. Make use of a long popular instrumental tune that has a definite beat.
b. In a circle or semicircle formation, go through various skills and moves in a follow-the-leader, ad-lib manner. (The music affords additional motivation and variety.)
c. Suggested skills to practice include: cradling in standing, sitting, running, skipping, and back bend positions; dodging; pivots; and catching and throwing mimetically.

2. Drill for Stickwork

a. Cradle on the back of the crosse (with the ball near the top of the crosse) while:
   1. standing still
   2. running
   3. running and pivoting
   4. catching (start with the catch on the left), cradle, and pass
   5. performing number 4 while running
   6. performing number 5 including the pivot
   7. performing number 6 including shooting instead of passing
   8. standing still; cradle into a back bend until the crosse is inverted.

3. Drill for Dodging

Variation One (Figure 1):

a. Player (A) with the ball runs on the line to post, dodging with only one step off the line and keeping her crosse 180 degrees from post during entire half circle around post.
b. She should practice:
   1. a change of pace approach
   2. a fake at last moment of dodge (single or double fake)
   3. left and right dodges.

Figure 1.

Variation Two:

a. Have two players, each with a ball, stand at opposite ends of a 20- to 30-yard marked line.
b. Tell them both to dodge left (later right).
c. Blow whistle.
d. Tell them to run full speed; they may take only one step off the line.
(*Note:* This drill is fun and exciting. Occasionally players collide, but no one has ever been hurt.)

4. Passing Drills

In Two's (Figure 2):

a. Players form two facing lines.
b. They pass short direct passes back and forth.
c. End players loop back around other couples and practice long hanging passes.

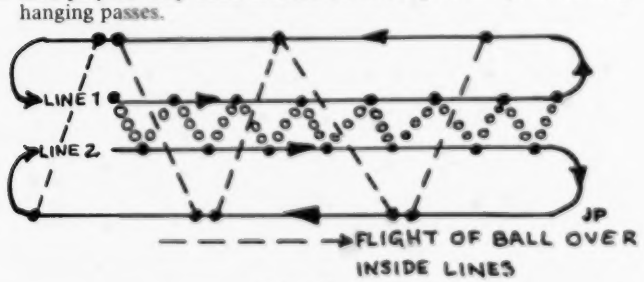


Figure 2.

Give and Go (Figure 3):

a. Y passes to X as X cuts from left to right (or right to left).
b. Y then cuts for goal asking for pass on give and go.
c. Y receives pass and shoots for goal.

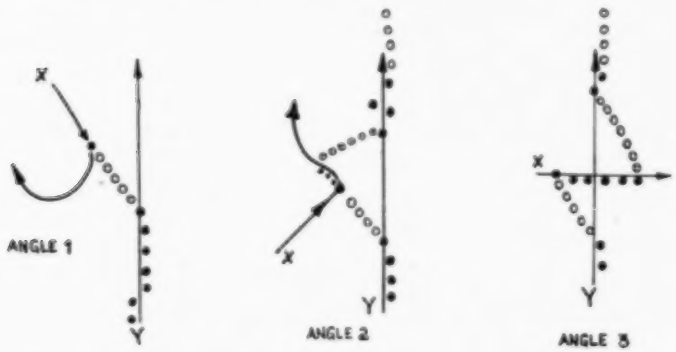


Figure 3.

Short and Long (Figure 4):

a. X1 passes to X2 who either cuts toward X1 or directly away from X1.
b. X2 passes diagonally to X3 who cuts for goal.

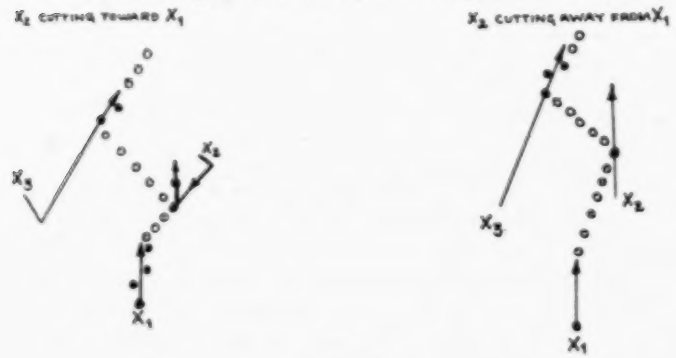


Figure 4.

Give – "Down the Lane," Timing, Speed in Gathering the Ball (Figure 5):

a. X1 runs to outside, passes to X2 who has run to outside.
b. X2 passes to X3 who has run to outside.
c. X3 passes to X4 who has run to outside.
d. X4 passes to X5 who can be anywhere.
e. X5 catches and shoots.

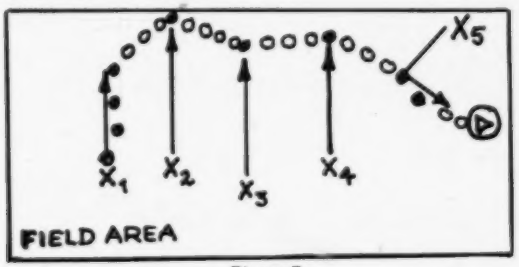


Figure 5.

Connecting Play, Speed, and Accuracy to make players aware of choices (Figure 6):

a. Ball begins in attacking goal and ends in attacking goal.
b. Each player should exercise option in passing to other players.

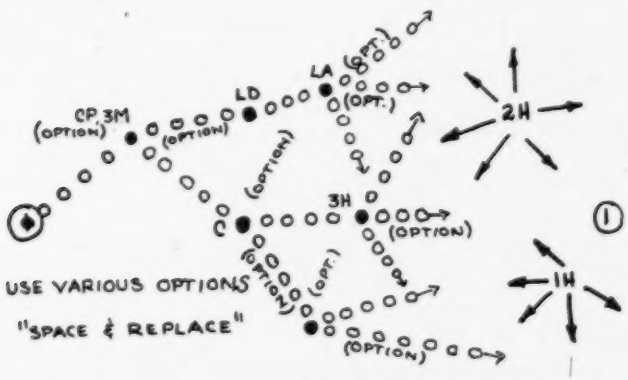


Figure 6.

Drop Pass (Figure 7):

a. Line A is ahead of line B.
b. A lets ball roll out of crosse, moves after it and picks it up (beginners use stationary ball).
c. A makes underarm pass back to B.
d. A moves out and cuts for drop pass from B.
e. Lines change places.
f. A picks up, passes, cuts, catches; B trails, catches, passes.

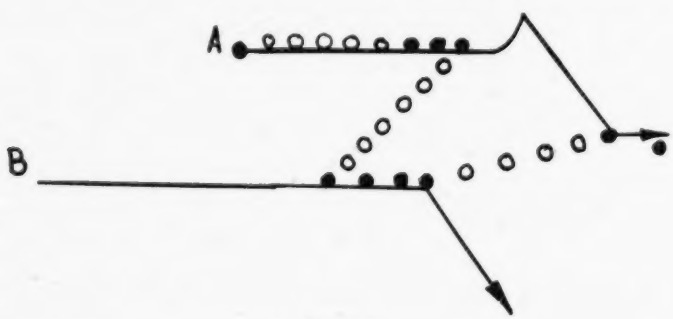


Figure 7.

Four Corners – Timing and Accuracy (Figure 8):

a. Line 1 passes to line 3.
b. Line 3 passes to line 4.
c. Line 4 passes to line 2.
d. Line 2 passes to line 1.
e. Players rotate to next number.

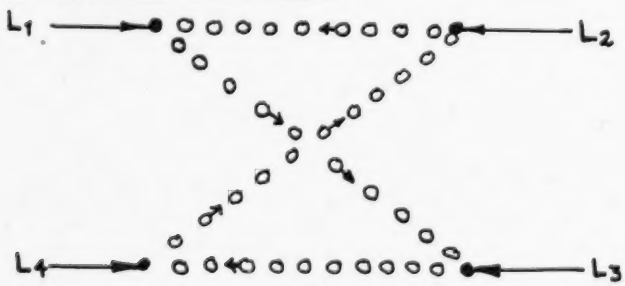


Figure 8.

5. **Individual Wall Drill** (Figure 9):
   a. Each player has a ball and stands with back to wall.
   b. Each rolls ball away from her.
   c. She then picks up ball and pivots, tosses to wall, catches and pivots.
   d. (Variations: Toss and catch against wall.)

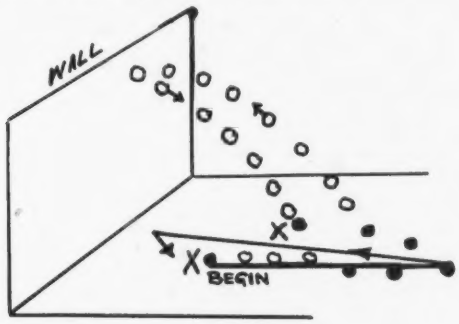


Figure 9.

6. **Pick-Up** (Figure 10):
   a. A picks up ball and cradles to B.
   b. She has option to shovel pass to C or to pull back and pass high to C.

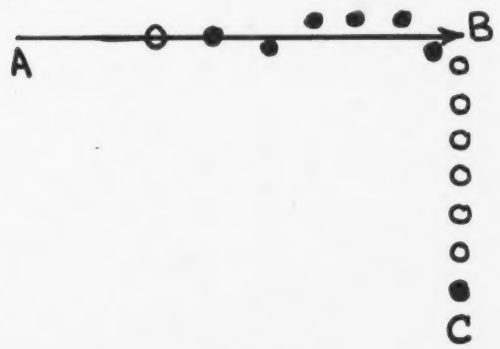


Figure 10.

7. **Interceptions** (Figure 11):
   a. Two posts pass and catch with each other.
   b. Each player attempts to intercept the ball when it is passed between the two posts.

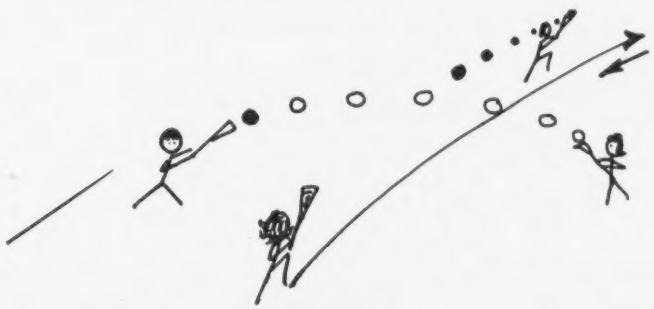


Figure 11.

8. **Shooting**

For Accuracy (Figure 12):
   a. Tie pinnies at each corner of the goal cage to attract the shooter's attention.
   b. Players shoot from various angles, using a variety of shots.

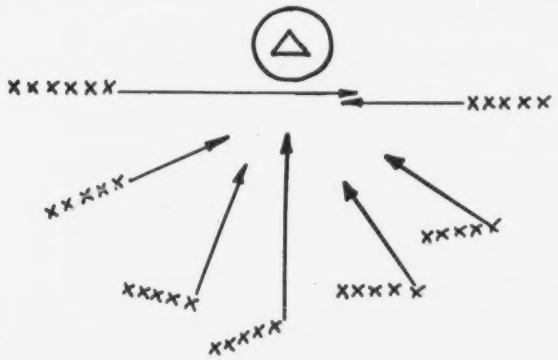


Figure 12.

Bounce Shot (Figure 13):

a. B aims to bounce ball on pinnie in center of square.
b. D catches, passes to either A or C.
c. Receiver then bounces to the person opposite her.

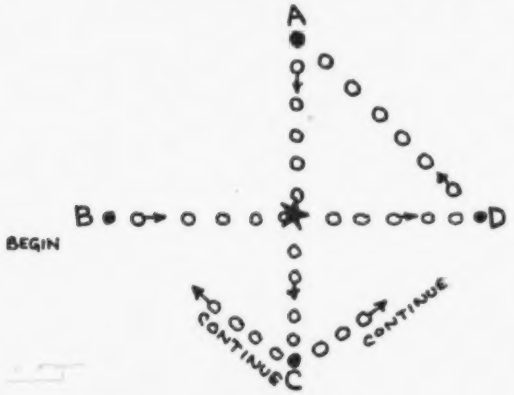


Figure 13.

Bounce Shot on Run (Figure 14):

a. Two players use one ball on a tennis court.
b. A runs forward and does a hard bounce shot into the opposite alley.
c. B runs to meet the ball and bounces it back.
d. A point is scored each time the ball goes into the proper alley.

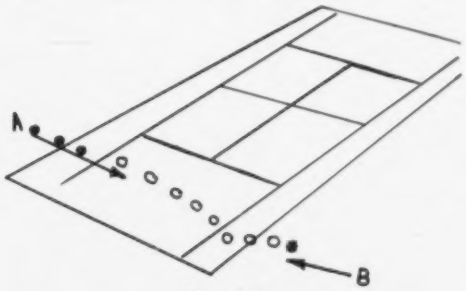


Figure 14.

Ground Ball Pick Up and Shooting (Figure 15):

a. One player forms a wicket by standing straight, extending her arms parallel to the ground and holding her crosse so that it is touching the ground and is perpendicular to the ground.
b. A ball is placed on the ground beneath the wicket.
c. B runs beneath the wicket, collects, controls the ball, and shoots.
d. (Variation: Make wicket smaller by having the post kneel.)

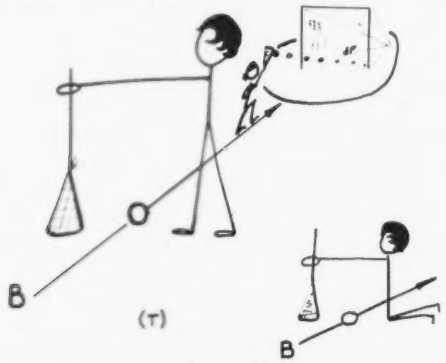


Figure 15.

Immediate Shooting (Figure 16):

a. X rolls ball beyond Y (i.e. missed shot).
b. Y retrieves, pivots, and passes to X who has cut to goal.
c. X catches, ½ cradle, and shoots.

Figure 16.

Two Against One (Figure 17):

a. J receives ball downfield, runs to goal.
b. Cover point tackles.
c. J passes to K just before the tackle.
d. K has cut to receive the ball and shoots.

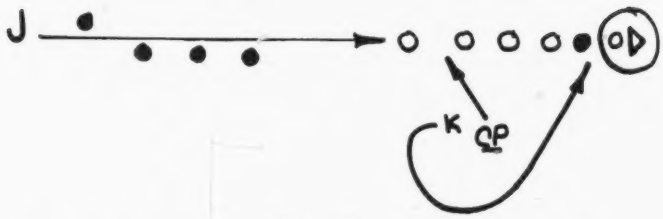


Figure 17.

9. **Side-By-Side Formations**

Beating Opponent to Ball (Figure 18):

a. Players run to meet ball which is rolled on ground or thrown in air by instructor.

Figure 18.

Marking and Covering (Figure 19):

a. X receives ball from instructor, she designates where she wishes to receive the pass (being deceptive to Y).
b. Y marks closely and attempts interception (tries to anticipate).

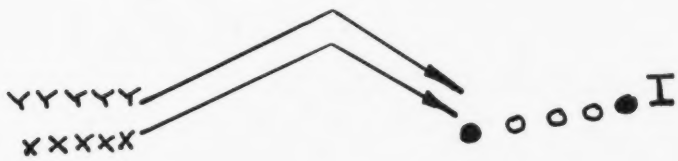


Figure 19.

Attack versus Defense (Figure 20):

a. B catches, pivots, runs toward goal.
b. A tries to intercept, if unsuccessful, she steps back to gain body checking position and tries to check.
c. B attempts to score.

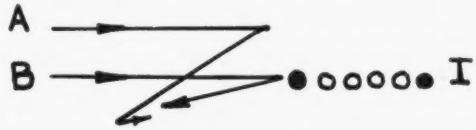


Figure 20.

10. **Full Field Drill** (Figure 21):

a. Posts are staggered the length of the field.
b. K runs between posts straight down the field passing alternately to posts.
c. K shoots for goal.
Note: To right post use both underarm and overarm passes. Emphasize catch, one cradle, and pass.

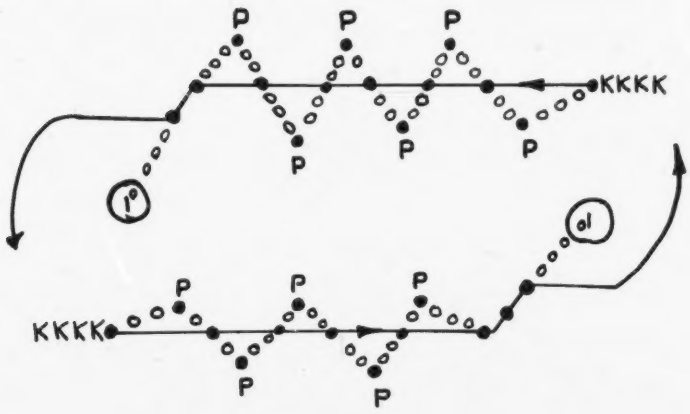


Figure 21.

11. Goalkeeping Exercises (Figure 22):
    a. Start warming up by running with all your equipment.
    b. Practice long accurate clears and passes to loosen up.
    c. Have balls thrown by hand at your face mask, softly at first, then harder (this instills confidence that your mask will protect your face from stray shots near the head).
    d. Have ball tossed at you 15 to 25 times from each of the indicated locations.
    e. Concentrate on the most difficult areas, usually positions 1 and 2.
    f. Practice picking up stationary balls.

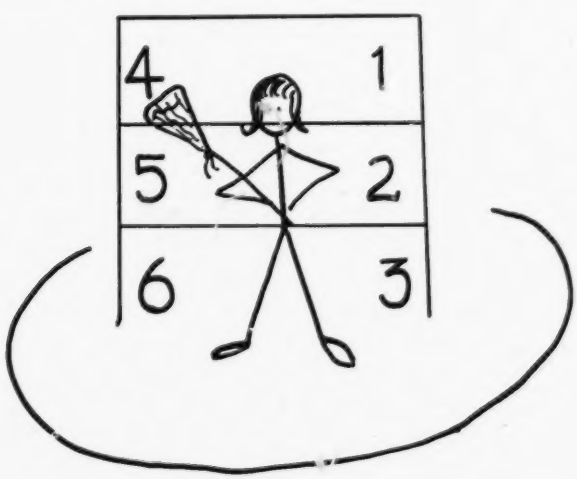


Figure 22.

Women's Lacrosse: The Name of the Game

NATHALIE SMITH

In the past few years I have become increasingly disturbed by the type of women's lacrosse I have seen played in some high schools and associations. The influence of the men's game, and the inexperience and poor attitudes of some women coaches, are obviously being felt. The use of helmets and gloves, the standing attack (which leads to zone defense), the roll and barging, and the stickwork with slipped hands are evidences of this influence. As a result, the game is no longer graceful and flowing but rough and stilted. This is not an attempt to criticize the men's game (it takes great skill and strength to play and can be very exciting) but, it is men's lacrosse and not women's lacrosse!

I do not object to "borrowing" skills and techniques from the men's game, or any other innovations in skills and strategy – if they lead to greater skill, freedom, and creativity within women's lacrosse. Although it's not realistic to say, I'd rather not have lacrosse spread to more schools and areas than to see its grace and beauty destroyed. If one wants to play a different game, she should call it by its true name - box lacrosse, mini-lacrosse, 7-a-side lacrosse, men's lacrosse – bu ot women's lacrosse.

The effect of a coach who is inexperienced or has a win-at-all-costs attitude has also been detrimental to the game. The inexperienced coach, not always understanding the stickwork and footwork of the game, allows the skill and finesse to be replaced by rough body contact and dangerously swinging sticks. It is the coach's responsibility to learn and teach the techniques of women's lacrosse, and to be sure the players understand the difference between the men's and the women's game. There is nothing more skillful and spectacular to watch than an attack player dodging her defense player, or a defense player bodychecking and crosse-checking an attack player to a stand-still without body contact. These aspects of the game must not be lost through the coaches' inexperience or lack of knowledge.

Having enjoyed so many years of top-level lacrosse with the United States teams and touring teams, I find it disappointing to see much of the excitement of the game being lost. Playing the game at top speed; the challenge of winning against a man-to-man defense (the 1969 United States and British Pioneer Touring Teams to Australia illustrated convincingly that a zone defense can be beaten by close marking and good stickwork); and the even greater challenge of doing all this within the framework of the rules is being

lost to new players because of some coaches' win-at-all-costs attitude.

Instead of playing within the spirit of the few rules of women's lacrosse, some coaches are now searching for ways of playing that are not specifically prohibited by the rules. This can only lead to more rules and further limitations on the freedom of the game and, in consequence, to a different game. I have never been in a game where I did not play to win or did not feel deeply disappointed when we lost, but the intrinsic satisfaction of having played my best and having worked as well as possible with my teammates was more important than winning by changing or skirting the rules.

A winning season cannot be more important than maintaining or enhancing the best in women's lacrosse. The essence of the game itself is the freedom of the individual to test her abilities against another – to get free from her opponent to receive the ball, to time an interception correctly – and to combine her abilities with those of her teammates. The creativity and fluidity of movement that occurs as the ball travels up and down the field with the players moving at top speed and creating spaces for themselves and their teammates, is exhilerating to participate in and to watch.

The coaches do not have the right to deprive the players of the experiences inherent in women's lacrosse by slowing down the game, setting up plays so that individual and team creativity is lost, allowing poor skill and body contact (instead of assisting the players to develop their skills), and especially, through the transmission of their value of win-at-all-costs or any-way-possible.

It will be difficult to prevent these styles of play from dominating or taking over the game unless those of us who believe the game is at its best "the way we know it" speak out now – not just to ourselves but to all coaches and players. Many do not know what they are missing in the game because they have never seen or experienced the best. Articles, films, clinics, and exhibition games are a few ways of helping inexperienced coaches know and understand the game. However, the most effective means of changing the other coaches is talking directly to them and letting them know that we disagree with what their coaching is doing to the game and its players, and why. Hopefully then, women's lacrosse can remain women's lacrosse, with all its qualities of freedom and creativity.

The 1970 United States Tour to Britain

JACKIE PITTS

Jackie Pitts received her B.A. degree from St. Lawrence University, Canton, New York. She is a mathematics teacher at Sanford School, Hockessin, Delaware. She has been selected to the United States first team for six years and to the reserve team for four years. She has been a member of the last three touring teams: Great Britain and Ireland in 1964 and 1970, and Australia in 1969. She has served as president of the Philadelphia Women's Lacrosse Association and second vice-president of the USWLA.

Many schoolgirls dream of being selected to the United States lacrosse team and touring in some far away land across the ocean. So it was with us. In fact, two members of our team were only three years out of high school. Five members were veterans of the 1964 tour to Great Britain. Our manager, Ann Coakley, had been a player on the 1957 tour.

Liverpool, the city which had been so badly bombed in WW II and later sang out to the best of the Beatles, welcomed us with outstretched arms. The high rise dormitory of I. M. Marsh College of Physical Education afforded a spectacular view of the Shangri-La playing fields and, on clear days, the Welsh hills. Five days we played lacrosse to our heart's content, morning, noon and, for some, conditioning at night. Every corner of Britain sent lacrosse players to join us . . . high level lacrosse was taking place simultaneously on six fields.

The culminating event was the opening game, an international match. Traditionally, this match is between the touring visitors and the last British team to tour America. Six years ago, the last meeting of touring teams on British soil, we lost. Would we lose again? We were bound by desire to win. Perhaps a bit of leadership came from the veterans as the new-caps were dazed by lorries, scones, bibs, lifts, trifles, fly-overs, and right-hand drive automobiles. Our victory at the opening match gave us a psychological boost. Our captain, Sue Honeysett, and vice-captain, Judy Smiley, lead the defense and our attack managed to score five for every one against us.

We left for Scotland the next day. The match was under the lights of the new Commonwealth Games Stadium. Again we won. And, so we did against the East, the North, Ireland, the Midlands, the West, and Wales. Seven weeks into the trip and a week before our return to America, we lost our first match, to the South. Later the same week we lost to England.

Though we went to play lacrosse, and to win, there was something much more than just a ball and a stick; there were people. We stayed in their homes and enjoyed the finest hospitality, so much better than the walls of a hotel. There was an international exchange of thoughts and ideas, some quite similar and others vastly different.

Sightseeing was a major event. We covered ground from the coast of Ireland to the Tower of London, from the banks of Porthcawl to the top of Ben Lomond, and from Loch Tay to Devon. Activities varied greatly. We raced seven miles up and down a mountain (and three members of our team broke the record for women), went to the London theatre and the Birmingham Symphony Orchestra, attended a dance in a squash court and a banquet given by the Steel Company of Wales, visited the Cadbury Doll collection, and toured cathedrals, cultural centers, the Lake District, and Blackpool.

Our housing varied, but perhaps the most unique was my home inside the Norwich Cathedral Close. My bedroom wall was the wall of the Close.

I relate all this to you, particularly high school readers, to whet your appetite. Work hard now and perhaps a U.S. lacrosse tour will be in your future. What I have said is only a taste, one could never total all the laughs, great times, experiences, and friendships that being a member of a touring team affords. We are indeed indebted to our foreign friends. Words cannot express our deep appreciation.

AUSTRALIAN TOUR TO AMERICA – 1972

Program

April 10th Arrive in Philadelphia
April 11th Game: Australia vs. Philadelphia College Association
April 12th Free Day and evening party
April 13th Game: Australia vs. Philadelphia II
April 14th Bus tour to Washington, D.C.
April 15th Game: Australia vs. United States Reserve Team
April 16th Club matches vs. Australia; drive to Boston
April 18th Tour of Concord, Lexington, and Boston
April 19th Attend Boston Red Sox baseball game
April 20th Game: Australia vs. New England District
April 21st Drive to Greenwich, Conn.
April 22nd Game: Australia vs. United States
April 23rd Club matches vs. Australia; dinner and evening in New York City
April 24th Tour of New York City; depart Kennedy Airport

The United States Women's Lacrosse Association was the official host for the Australian touring team. Our association raised funds and provided for the hospitality, domestic transportation, and entertainment for the foreign guests.

(*Note:* The British Lacrosse touring team will be touring America in the Spring of 1972).

Moments before the opening International Match, Liverpool, England, August, 1971, the United States Touring Team (dark sweaters) pose for photographers with the Great British and Irish Touring Team (white sweaters).

Left to right (*kneeling*): B. J. Lewis, Anita Clapperton, Janie King, Debbie Taylor, Heather Herrington, Judy Hedges, Janet Lippincott, Jackie Pitts, Diana Harrison, Aggie Bixler, Sue Honeysett.
(*Standing*): Alison Cridland, manager, Joy Taylor, Betty Moore, Pippa Swayne, Alison Dams, Fiona Murray, Rosemary Crawford, Ruth Milne, Sylvia Gibbard, Ann Coakley, *manager*, Tina Sloan, Judy Steele, Sharon Weld, Diane Wright, Micul Ann Morse, Linda Swatts, Dee Dee Helfrich, Janet Smith, Judy Smiley.

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Revised by KETURAH COX
Queens College
Flushing, New York

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REESON, JOAN. *Know the Game – Lacrosse.** This is one of the latest publications on lacrosse. Simply written and illustrated. Excellent for beginning players and coaches.

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Pamphlets

ALL ENGLAND LADIES LACROSSE ASSOCIATION. *Lacrosse Do's and Don'ts.** Written by selected international players in the British Isles. Contains hints for players, captains, and umpires. Pocket size.

READ, CICELY M. *Notes on Umpiring.** Contains clear and concise information for umpires. Also helpful to players and coaches.

References

AMERICAN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, AND RECREATION. *Physical Education for High School Students.* Washington, D.C.: AAHPER, 1970. A general presentation of lacrosse for girls, grades 7 through 12.

MENKE, FRANK G. *Encyclopedia of Sports.* 4th ed. New York: Ronald Press Co., 1969. A general description and history of women's lacrosse.

VANNIER, MARYHELEN and POINDEXTER, HALLY BETH. *Physical Activities For College Women.* Philadelphia: W. B. Saunders Co., 1964.

WEYLAND, A. M. *The Lacrosse Story.* Baltimore: H & A Herman Publishing Co., 1965. Complete book on the game of lacrosse with a fascinating and up-to-date chapter on "distaff lacrosse."

Scorebooks

Lacrosse Scorebook. Bacharach-Rasin Company, Towson Industrial Park, Towson, Md. 21204.

Lacrosse Scorebook. Bill Battey Sporting Goods, Front & Jackson Sts., Media, Pa.

Lacrosse Scorebook. Cran Barry, Inc., Marblehead, Mass. 01945.

Magazines

Crosse Checks. A yearly publication of the United States Women's Lacrosse Association. Contains news and information useful to players and instructors. Free to active, associate, and allied members. Copies may be purchased from the Second Vice-President of the USWLA. Anyone interested in submitting articles and/or pictures for possible publication, should submit same to the Second Vice-President by January.

*Lacrosse.** Published by the All England Ladies' Lacrosse Association. Published several times a year between October and April. Articles on playing and coaching included. Mostly a report of games played and planned.

Lacrosse Visual Aids

Revised by KETURAH COX
Queens College
Flushing, New York

USWLA Teaching Aids

The official publications of the USWLA include literature and bulletin board material for teachers and players. The TM packet (TM 1-22 and TM-1-1967 – TM-9-1970) is available at $3.75 through the USWLA Technical Material Distribution Chairman (page 114). For new series issued after December 1970, please add 25 cents for each year.

TM-1 *Techniques.* 11 x 17 in. Pictures of elementary techniques with explanations. 15 cents.

TM-2 *Game Situations.* 11 x 17 in. Pictures of close marking by defense, clear by goalkeeper, fouls, with explanations. 15 cents.

TM-3 *The Lacrosse Field and Positions.* 5 cents.

TM-4 *Parts of the Stick and Repair.* 5 cents.

TM-5 *Coaching Notes.* Outline for teachers. Coaching points, teaching practices, common faults – 13 techniques, pocket size. 25 cents.

TM-7 *Demonstration of Lacrosse.* Directions for staging indoor or outdoor demonstration of the game; commentary. 5 cents.

TM-8 *How To Construct Homemade Portable Goals.* Revised 1970. 5 cents.

TM-9 *Hints to Coaches.* Coaching and umpiring for safe lacrosse. 5 cents.

TM-10 *Dodging and Body Checking.* 11 x 17 in. Coaching practices, game situations, illustrated, with explanations. 15 cents.

TM-11 *Overarm Pass.* 11 x 17 in. Pictures of the overarm pass with explanations. 15 cents.

TM-12 *Footwork and Body Control.* 11 x 17 in. The effect of good or poor footwork and body control upon lacrosse stickwork; illustrations with explanations. 15 cents.

TM-13 *About Lacrosse.* Pocket-size leaflet. Brief history and rules of women's lacrosse followed by values of the game and equipment needed to start a program in school or college. 15 cents.

TM-14 *For Controlled Lacrosse.* 11 x 17 in. Illustrations show what happens when hands are slipped down the stick. 15 cents.

TM-15 *Game Situations.* 11 x 17 in. Pictures with comments show attack and defense play. 15 cents.

TM-16 *Goalkeeping.* 11 x 17 in. Pictures with explanations show technique necessary for goalkeepers. 15 cents.

TM-17 *Playing Attack Wing.* 11 x 17 in. Illustrations and explanation of attack wing play emphasizing positioning and variety of shots necessary. 15 cents.

TM-18 *Crosse Checking.* 11 x 17 in. The skill of crosse checking and the fouls that may occur when checking is not properly executed. 15 cents.

TM-19 *Defense Interchange.* 11 x 17 in. Pictures and diagrams of interchange, with explanations. 15 cents.

TM-20 *Umpiring.* 11 x 17 in. Diagrams with comments on field and goal umpiring. 15 cents.

TM-21 *Lacrosse in Action.* 11 x 17 in. Action pictures of the 1964 U.S. Touring Team vs. England. 15 cents.

TM-22 *Set of Five Lacrosse Cartoons.* 8½ x 11 in. 25 cents.

TM-1-1967 *Holding The Crosse and Cradling.* Pictures and comments. 15 cents.

TM-2-1967 *The Draw.* 8½ x 11 in. Pictures and comments. 15 cents.

TM-3-1967 *Picking Up.* 8½ x 11. 15 cents.

TM-4-1967 *Shooting.* 8½ x 11 in. Low bounce and high soft shots. 15 cents.

TM-5-1967 *Movement in Lacrosse.* 8½ x 11 in. Action photos. 15 cents.

TM-6-1968 *Marking.* 8½ x 11 in. Drawings and comments on defense play. 15 cents.

TM-7-1968 *Underarm Pass.* 8½ x 11 in. Execution of this pass in drawings, with comments. 15 cents.

TM-8-1968 *Shoes.* 8½ x 11 in. Types to be worn for lacrosse. 15 cents.

TM-9-1970 *Body Checking, Crosse Checking, High Shot at Goal.* 11 x 14 in. A set of three drawings illustrating all three situations, controlled and uncontrolled. 25 cents.

Films

Lacrosse Film Loops. 1961. 8mm and 16mm, si. (Approved by the AELLA.) Series of 9 loops with notes. 16mm, $13.50; 8mm, $10.25 (including sea mail). Available from Guy Butler, "Harbledown," Little Hadham, Hertfordshire, England. Film covers Grip,

cradle, picking-up, overarm and underarm throw, low and high catch, dodging, body checking, goalkeeping, and overarm and underarm shot.

Let's Play Lacrosse. 1968. 16mm, 23 min., sd., color. Produced by the USWLA. Sale $300, rent – allied member $10 one day, $5 for each additional day; non-allied member $15 one day, $5 for each additional day. Available through Association Sterling Films, 600 Grand Ave., Ridgefield, N.J. 07657. Twelve minutes of skills demonstrated by members of the U.S. Lacrosse Team: the grip, cradle, pivot, pick-up, catch, pass, and dodge as well as body checking, shooting, and goalkeeping, both in slow motion and at regular speed. Eleven minutes of game sequences between the 1967 Touring Team from Great Britain and Ireland and the top U.S. players showing: cutting, marking, quick passing, body checking, intercepting, shooting, and goalkeeping.

For information about the USWLA Film Service, contact Dorothy Hayden, 218 Blenheim Rd., Baltimore, Md. 21212. Place your request for films at least three weeks in advance; list alternate dates. Postage and insurance are not included in rental fees.

EQUIPMENT SERVICE

Used Equipment Committee

Do you have lacrosse equipment you are not using? Are you planning to purchase new equipment? This committee may be of service. Would you be willing to donate used equipment? Such equipment could assist schools, colleges, and districts in starting lacrosse; even a few sticks in disrepair would help because the committee has a waiting list. For donations or information on equipment, write to the USWLA Equipment Chairman (page 113).

Loan Equipment Kits

Lacrosse Loan Kits are placed at the disposal of the USWLA each year. A kit includes 24 lacrosse sticks, 24 balls, and 2 goal nets. Schools wishing to be considered for receiving a Loan Kit should write to the USWLA Equipment Chairman for a questionnaire, which must be returned by November 1 to be considered for the next spring.

EXTENSION SERVICE

If you wish coaches, clinics, or an exhibition game write to the USWLA Extension Chairman, Judy Smiley, 172 Kimber Dr., R.D. 2, Phoenixville, Pa. 19460. Please indicate the name of your organization, the type of service you wish, dates, numbers involved, and the name, address, and phone of the person in charge. (Current fee for a USWLA sponsored coach is $8.50 per hour, subject to change.)

STANDARDS AND PROCEDURES FOR THE RATING OF UMPIRES

USWLA Committee

This committee shall consist of at least seven members who shall hold a National Honorary rating or a National rating consecutively for four years. The chairman shall be appointed by the president and shall serve for a two-year term. Other committee members shall be appointed from recommendations made to the chairman and shall also serve two-year terms. At least two shall be appointed in an alternate year to the other committee members.

1. Duties
   a. Establish standards and procedures for the rating of umpires.
   b. Prepare written examination annually.
   c. Establish examination and umpiring fees.
   d. At the national tournament, judge candidates for the National Honorary rating and assist with officiating games.
   e. Conduct clinics for new officials.
   f. Aid new areas in rating officials.
   g. Assist Rules Committee in evaluation of rules of lacrosse.

If you need officials, or wish information on rating clinics and examinations, write directly to the USWLA Umpiring Chairman.

Local Umpiring Committee

This committee shall consist of a chairman, who should have a National rating, and three to five members, with preferably one-third of these rated as National officials.

1. Duties: Committee
   a. Administer written examination.
   b. Assist in judging officials at practical examination.
   c. Assist at clinics for new officials.
2. Duties: Chairman
   a. Keep a record of all officials rated by her association.
   b. Request certificates and emblems for new or rerated officials from the National Chairman by May 15 of each year.

c. Send $1.00 for each written examination administered to the USWLA Treasurer by May 25 of each year.
d. Submit a complete report of names, addresses, and telephone numbers of all officials in her association and date of expiration of the rating to the National Chairman by May 25 of each year. This report should include the names of those who will be able to officiate at the national tournament.

Examinations

Written and practical examinations shall be given to each candidate.

Examination Fee

A fee of $1.00 shall be collected for each written examination administered. An additional amount, according to local ruling, shall be collected from each candidate and retained by the local association. ($1.00 is suggested.)

Classification of Umpires

National Rating – A grade of 94 to 100 in the written examination and approval of three National judges in the practical examination.

A candidate for a National Rating shall have held a Local rating for at least one year and be recommended by the local chairman.

Local Ratings – A grade of 80 to 100 in the written examination and the approval of one National and two Local judges.

National Honorary Umpires

An umpire may be recommended for an Honorary rating after she has held her National rating for four consecutive two-year terms. She must be recommended in writing to the National Chairman by her local chairman. To receive her Honorary rating, she must umpire at least two games at a national tournament where she will be judged by members of the USWLA Umpiring Committee.

To maintain this rating on an active basis, she must umpire at least two games at a national tournament every three years. The Honorary rating will become "inactive" if this requirement is not fulfilled. When a National Honorary official umpires at a national tournament she will be issued a new card.

Certification of Umpires

A certificate and badge symbolic of the rating received are issued to each successful candidate. National and Local ratings are effective for two years from date of issuance.

Option for Local Umpiring Committee

After an umpire holds a National rating for six consecutive years, her practical examination will only be required every four years, and the written every two.

Suggested Umpiring Fees		1 game	2 games
National:	Field umpire	$10.00	$16.00
	Each goal umpire	$ 6.50	$ 9.00
Local:	Field umpire	$ 8.00	$14.00
	Each goal umpire	$ 5.00	$ 7.00

In cases where two field umpires are used:

	1 game	2 games
National:	$12.00	$17.00
Local:	$10.00	$14.00

The USWLA recommends that rated umpires be used in every match game; however, if only one rated official is available, nonrated goal umpires trained by the schools, colleges, or clubs concerned, and acceptable to them, may be used. The goal umpires shall not receive remuneration, and the fee for the field umpire shall be as follows:

	1 game	2 games
National:	$24.00	$34.00
Local:	$20.00	$28.00

Each local association may establish a schedule of umpiring fees. It is suggested that the above fees include travel expense.

Information concerning lists of rated umpires may be secured from the USWLA Umpiring Chairman.

Figure 1.

The attack player (with ball) has just received a drop pass beyond the crosse of her defense and is turning to shoot. The goalkeeper's crosse and leg can be seen in the foreground.

Suggestions for Umpires

EDNA SCOTT

Edna Scott has played lacrosse for New Jersey, Westchester, and Philadelphia Lacrosse Teams. She is past treasurer of United States Women's Lacrosse Association and is now chairman of the USWLA Umpiring Committee. She teaches physical education at Abington High School in Abington, Pennsylvania.

Preliminaries

1. Arrive early equipped with the current *DGWS Field Hockey-Lacrosse Guide* and a whistle.
2. Wear a navy blue skirt and white blouse or jacket.
3. Inspect the goal nets for holes, and see that they are fastened as tightly as possible to the ground. The crease should be checked for correct size.
4. Inspect crosses. No metal is allowed; look for bits of wire for mending. *No pockets are permitted.* Centers, in particular, should have crosses tight in order to execute the draw correctly.
5. Meet with captains to decide length of playing time, time between halves, boundaries, and choice of goals. (In high school or college games, substitutions may be agreed upon.)
6. Check with scorers and timers about their duties.
7. Carry an extra ball during the game.
8. Discuss with other umpires the areas of the field to be covered and individual responsibilities.

The Game

A. Whistle

Freedom from whistle blowing contributes to the joy of lacrosse. Hold your whistle on less serious fouls in cases where the team fouled against would be at a disadvantage if play were stopped.

1. Start play at beginning of each half.
2. Signal scoring of goal.
3. Stop the game for fouls, out of bounds or any other reason.

B. Stand

All players must stand when the whistle blows (except after a goal has been scored and at the end of playing time).

1. They may not move until the umpire's "play" signal is given.
2. With inexperienced players, it is helpful for the umpire to remind players to stand.

C. Draw

1. Check position of feet and crosses.
2. At start of each half, say "ready," then blow whistle for the benefit of the timer.
3. After each goal, on center draw, say "ready . . . draw."
4. Vary time interval between the words "ready" and "draw" to avoid anticipation of the signal to play.
5. Move toward left defense out of the way of players.
6. It is a legal draw if the ball goes up.
7. If the opponents are pushing with their crosses, most likely the ball will go directly to the side. Repeat the draw and warn the offender.

D. Out of Bounds

1. Be sure to award the ball to the nearest player, even if she is only a stride ahead of her opponent. A player who makes the extra effort should have the ball.
2. Hold the whistle in play out of bounds behind the goal.
3. Remembering the "stand" rule, umpires should allow other players to be closer than five yards to the player with the ball out of bounds, as it is not a free position.

E. The Throw

1. Be sure other players are not within five yards of the players taking the toss and will not interfere.
2. Stand with your back to the center of the game, at a distance of ten yards from the players to toss the ball.
3. Use a short, high throw which allows the players to run forward to catch the ball.

F. Free Position

1. Awarded for a foul committed by a player.
2. If players are closer than five yards to the player taking the free position, these players should be moved away to a distance of five yards. The umpire should be sure the player taking the free position gains the advantage.
3. Any serious foul which has prevented an almost certain goal may, at the umpire's discretion, result in a free position.
   a. At the point of the foul, even though it is directly in front of the goal.
   b. With all defense players moved away.

G. Time-outs

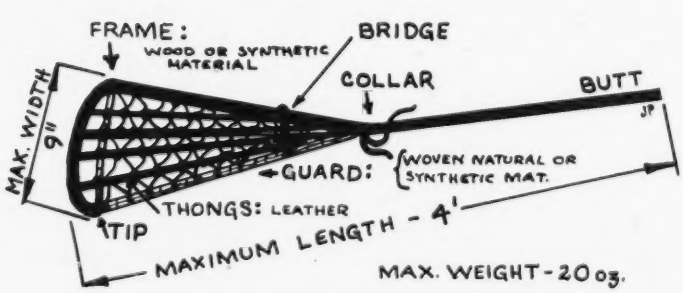
The rule states " 'Time-out' shall be called in order that an injured player may leave the field."

Note: If no substitution is made, the injured player may return to the game later. You should resume play as quickly as possible. There is no provision for a 5- or 10-minute time-out for injury in lacrosse.

H. Fouls

1. Crosse checking can be dangerous. If the top hand is slipped down or taken off, there will be a loss of control. Do not permit a large swing in the act of checking.
2. Watch for hitting an opponent's crosse just before she is about to catch the ball.
3. Watch for the crosse being held in front of the face by an opponent lacking body checking position, who is reaching from the side or behind. This can lead to rough play.
4. A player may not hold her crosse over a ground ball without trying to pick it up.
5. It is legal to pick up or catch the ball with one hand on the crosse. It becomes a foul when the other arm is used to keep the opponent from checking.
6. A goalkeeper who repeatedly holds the ball too long should be warned. If she continues to hold the ball, the attacking team should be awarded a free position.

The Crosse



RULE CHANGES

The rule changes adopted by the USWLA in February 1972 have been made in response to the growing concerns for both the safety of the player and the desire to retain the unique qualities of the women's lacrosse game. An attempt was also made to allow for new trends in equipment (the crosse and the goal) to prevent the introduction of unnecessary equipment (headgear, masks, and gloves) and to encourage the teaching of the skillful and open game play unique to the women's game.

Listed below are the rule changes. The particular phrase or sentence where the change occurs appears in bold type.

Rule 1. The Crosse (see preceeding page)

The crosse shall **not exceed four feet in length or nine inches in its widest part. The weight of the crosse should not be more than 20 ounces. The frame must extend down the right-hand side of the bridge and shall be of wood or synthetic material;** left-hand crosses are illegal. **The guard at the left-hand side of the bridge shall be woven of natural or synthetic material; no molded material may be used . . . . When the crosse is held horizontally, no more than half of the ball shall be below the guard . . . .**

Rule 4. The Goals

Section 1. Each goal shall consist of **two posts six feet apart . . . .** These posts and the crossbar shall be of wood, 2x2 inches, and painted white, **or of pipe . . . .** A line called the goal line shall be drawn from post to post **with the front of the goalposts touching the outer edge of the goal line.**

Rule 7. Uniform

Section 2. **Players, with the exception of the goalkeeper, shall not wear protective headgear, facemask, or padded gloves unless necessitated by medical reasons.**

Section 3. **The goalkeeper's glove, intended solely for the protection of the free hand, shall be close-fitting and without webbing, extreme size, or excessive padding.**

Rule 12. The Center Draw

. . . The flight of the ball shall describe an arc higher than the heads of the players taking the draw. After repeated warnings for an illegal draw, the opponent is awarded a free position . . . .

Rule 17. Field Fouls

A player shall not –

Section 6. Charge, shoulder, or back into an opponent.

Section 16. Shoot for a goal in a manner which, in the opinion of the umpire, is uncontrolled or dangerous.

Section 17. Position herself with others on her team to deliberately obstruct the goal by forming a barricade.

Rule 19. Penalty

Section 4. The umpire shall penalize any play which, in her judgment, violates the intent of the rules. The intent of the rules is to prescribe an open, free, skillful game devoid of roughness and dangerous play.

DGWS-USWLA OFFICIAL LACROSSE RULES

*** Indicates a rule change.**

√ Indicates change in wording only, or addition of a new note.

Rule changes adopted in the interim year (between *Guide* publications) shall stand as official rules and be distributed to all associations for their use.

* RULE 1. THE CROSSE

The crosse shall not exceed four feet in length or nine inches in its widest part. The weight of the crosse should not be more than 20 ounces. The frame must extend down the right-hand side of the bridge and shall be of wood or synthetic material; left-hand crosses are illegal. The guard at the left-hand side of the bridge shall be woven of natural or synthetic material; no molded material may be used. A string must be brought through a hole at the side of the tip of the turn to prevent the point of the stick catching an opponent's crosse. The leather thongs (lengthwise strings) must be woven to within two inches of their termination and tightened sufficiently to prevent a ball from catching in the mesh. When the crosse is held horizontally, no more than half of the ball shall be below the guard. No metal of any kind shall be allowed upon the crosse.

Note: The committee recommends that men's crosses should not be used.

RULE 2. THE BALL

The ball shall be of rubber sponge, not less than 7¾ nor more than 8 inches in circumference. It shall weigh not less than 4½ nor more than 5¼ ounces.

RULE 3. THE GROUND

There are no definite boundaries to the field of play. Captains or coaches, together with the umpire, shall decide before a match is

played where the boundaries will be (e.g., grandstands, benches, trees, bushes, hills, and gardens bordering the field may be declared out of bounds).

The goals shall be placed not less than 90 nor more than 110 yards apart, measured from goal line to goal line. The field should have a minimum width of 50 yards free of obstacles.

A circle of 10-yard radius shall be marked with its center the center of the field, and through this same point a line shall be marked 2 yards each way, parallel to the goal lines.

★ RULE 4. THE GOALS

★**Section 1. Each goal** shall consist of two posts six feet apart joined at the top by a rigid crossbar six feet from the ground (all inside measurements). These posts and crossbar shall be of wood, 2x2 inches, and shall be painted white or of pipe. The goalposts shall not extend upward beyond the crossbar, nor the crossbar sideways beyond the goalposts. Netting of not more than 1½-inch mesh shall be attached to the posts and crossbar and to a point on the ground six feet behind the center of the goal line, and shall be firmly pegged to the ground. The post may be supported by backstays within the netting. A line called the goal line shall be drawn from post to post, with the front of the goalposts touching the outer edge of the goal-line.

Section 2. The goal crease shall be in the form of a circle with an 8½-foot radius measured from the center of the goal line.

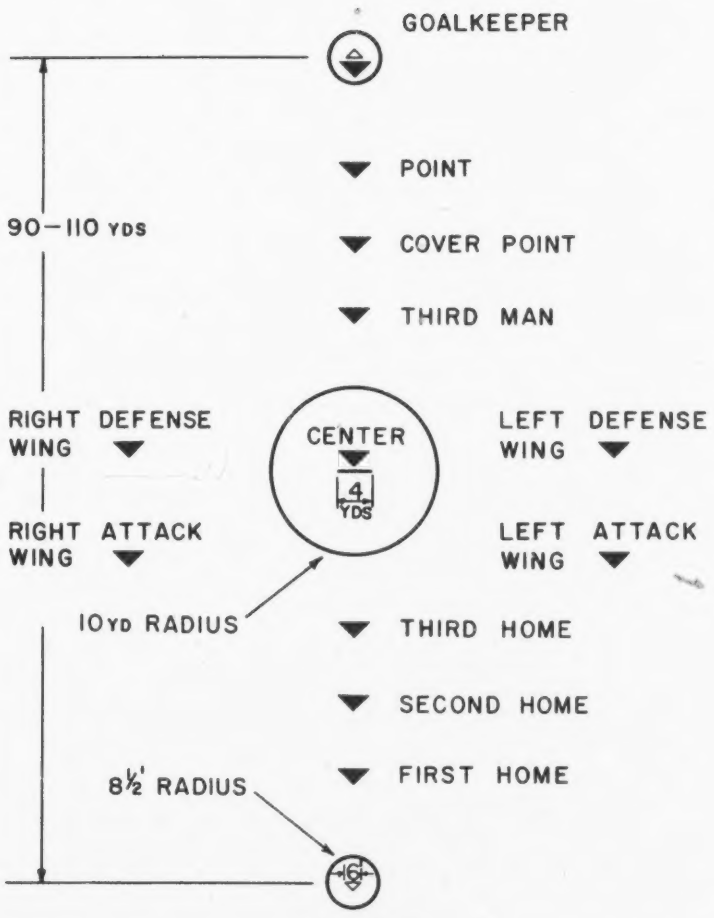
Note: Goals made of pipe and painted white are considered legal, but their use is strongly discouraged by the committee as a score made off a rounded surface is difficult to determine, and the rebound is not always true.

Note: The crease includes the line which marks the crease.

RULE 5. THE TEAMS

Section 1. Twelve players shall constitute a full team. Players shall be designated as follows: first home, second home, third home, left attack wing, and right attack wing as attack positions; a center who plays both attack and defense; left defense wing, right defense wing, third man, cover point, point, and goalkeeper as defense positions. This distribution of attack and defense players is not compulsory.

Section 2. A substitute may take the place of a player in case of injury. Such substitution shall be authorized by the scorer and field umpire.



Lacrosse Field

If a player withdraws from the game temporarily and no substitute takes her place she is at liberty to resume play when she is able.

Note: In high school and college games, substitutions may be made at the discretion of the umpire.

RULE 6. THE CAPTAINS

Section 1. A captain shall be appointed from each team previous to the commencement of a match.

Section 2. The captains shall toss for choice of ends before the match.

Section 3. The captains shall agree as to the length of time each period shall last.

⋆ RULE 7. UNIFORM

Section 1. Players shall wear plastic, leather, or rubber-soled shoes. No spikes shall be allowed, with the exception of plastic, leather, or rubber ones.

⋆**Section 2. Players**, with exception of the goalkeeper, shall not wear protective head gear, facemask, or padded gloves unless necessitated by medical reasons.

⋆**Section 3. The goalkeeper's glove**, intended solely for the protection of the free hand, shall be close-fitting and without webbing, extreme size, or excessive padding.

√ RULE 8. THE FIELD UMPIRE

Section 1. The duty of the field umpire shall be to enforce the rules. Her decision shall be final and without appeal. The final decision on each goal shall be given by the field umpire.

Section 2. Before the match she shall see that the goals, balls, and crosses are in accordance with the rules.

Section 3. Before the match she shall see that the goal umpires understand their duties. She may call upon the goal umpire to referee all play behind the goal. This should be understood before the game begins.

Section 4. Any infringement of the rules, or in any case of injury or accident (Rule 5, Sec. 2), the field umpire is empowered to whistle immediately.

√**Section 5. Holding the whistle**, the field umpire may refrain from putting any rule into effect in cases where she is satisfied that by enforcing it she would be penalizing the team fouled against.

Note: The umpire should use this discretion wisely, taking into consideration the level of skill of the players and the need to keep the game free from roughness.

***Section 6. If weather conditions** make play dangerous, the umpire is authorized to suspend the game, only after consultation with the coaches.

RULE 9. THE GOAL UMPIRES

Section 1. There shall be one goal umpire at each goal. She shall stand by the goal to umpire the rules concerning the crease. She shall not change ends during the match. *No person shall speak to the goal umpire or in any way distract her attention. No spectators shall be permitted closer than 15 yards to the goal crease.*

Section 2. In the event of the whole ball passing over the goal line and under the crossbar, provided that no attack player has run on or into the crease or has her crosse over the goal crease, either during or after a shot, the goal umpire shall signal clearly her decision of a goal before the field umpire blows her whistle.

Note: The usual signal is a raised arm with flag.

Section 3. If the goal umpire observes an infringement of the rules concerning the crease, she shall whistle at once to stop the game. The field umpire shall then award the penalty.

RULE 10. THE TIMEKEEPER AND SCOREKEEPER

Section 1. There shall be one official timekeeper. The final whistle of the timekeeper shall indicate the end of each period of play.

Section 2. There shall be one official scorekeeper.

*RULE 11. THE GAME

Section 1. The official playing time shall be two periods of 25 minutes each. This time may be shortened by mutual agreement of the captains.

Section 2. Time-out shall be called in order that an injured player may leave the field. (Time-out is not allowed for being winded.)

If a player's stick becomes unfit for play, time-out shall be called and play restarted as indicated in Section 6. Play shall be resumed 1,2,3.

Section 3. Ends shall be changed after the first period. At halftime either side may claim not more than 10 minutes' rest, which shall not be counted as playing time.

Section 4. Play in each period and after every goal shall be started by a draw at the center taken by the two centers.

Section 5. The side scoring the greatest number of goals shall be the winner. Each goal counts one point. If the score is tied at the end of the game, the game shall remain a tie.

A goal shall be scored by the whole ball passing over the goal line and under the crossbar from in front, having been propelled by the crosse, but not by the person, of an attacking player. Should the ball be put through the goal by one of the players defending it, by whatsoever means, it shall be counted a goal to the opposite side. In the event of a goalpost being knocked down during a match and the ball being put through what would be the goal if the posts were standing, it shall score a goal to the attacking side.

Note: A goal shall not be scored when –

a. The ball enters the goal off the person of an attacking player.
b. Any attacking player has any part of her body or crosse over or within the crease either during or after a shot or pass.
c. Any attacking player runs on, into, or through the crease after a shot.
d. Any attacking player checks or interferes with the goalkeeper while the latter is within the bounds of goal crease.
e. The ball enters the goal after the whistle has been blown.
f. The ball is put through by a nonplayer.

Section 6. In case of injury or interference with the game by spectators, dogs, football, etc. coming onto the field, the umpire shall call time-out.

Play should be resumed –

1. If no foul occurred – by awarding a free position to the player who had possession of the ball when the time-out was called.
2. If a foul occurred – by awarding a free position to the team fouled against.
3. By the throw if no player had possession when the time-out was called (Rule 14).

√**Section 7. Crosse checking.** A player may attempt to dislodge the ball from her opponent's crosse by a controlled hit or a series of taps with the stick, provided she does not reach over the shoulder, or head when tackling from behind. She may not touch the body of her

opponent, or endanger her opponent in any manner with the crosse (Rule 17, Sections 1 and 2).

Section 8. Body Checking. This is the placing of one's body in the path of an oncoming opponent with the ball so as to prevent her from following the path she has started. It is intended to slow her down, cause her to pass, or change her direction. The checking player may not move into her opponent or cause any body contact. The attacking player may not charge or push her defender.

★ RULE 12. THE CENTER DRAW

The opponents shall stand with one foot toeing the center line. The crosses shall be held in the air above and in line with the center line, about hip level, wood to wood, angle to collar, and parallel to the ground. Each player's crosse shall be between the ball and the goal she is defending. The direction in which players face is determined only by the way each holds her crosse, i.e., the player who has her right hand up on the crosse will face the goal she is attacking, whereas the player who has her left hand up will have her back toward the goal she is attacking.

The ball shall be placed in the middle between the backs of the crosses by the field umpire. On the words "Ready . . . draw" by the umpire, the two opponents shall immediately draw their crosses *up* and away from one another. The flight of the ball shall describe an arc higher than the heads of the players taking the draw. After repeated warnings for an illegal draw, the opponent is awarded a free position. No other players shall be within 10 yards of the center draw.

RULE 13. STAND

When an umpire blows her whistle, the ball is dead and all players shall "stand"; no player shall move from her position, unless otherwise directed by the umpire, until the game is restarted.

RULE 14. THE THROW

When the umpire blows her whistle, the players shall stand. The umpire shall stand with her back to the center of the game at a distance not less than 10 yards from the two players, and on the word "Play" shall throw the ball to them with a short, high throw, and the game shall proceed. The two players shall stand at least one yard apart, with the defense player on the goal side of her opponent. No player may be nearer than 5 yards to them. If anyone be within this distance, the umpire will indicate the change in their position. No throw shall be within 10 yards of either goal line, or 5 yards from out of bounds.

RULE 15. OUT OF BOUNDS

Should the ball go out of bounds, the umpire shall blow her whistle and the players shall stand.

Section 1. From the point where the ball went out, the nearest player shall take the ball in her crosse and, on the word "Play" from the umpire, the game shall proceed.

Section 2. In the case of two players of opposite sides being equally near the ball, the two players shall stand five yards within the ground from the spot where the ball went out, and the umpire will award the throw.

Section 3. Should the spot where the ball went out of bounds be near the goal, the umpire shall move the player with the ball, or the players to whom she is throwing, so that they are at least 10 yards from the goal line.

RULE 16. BALL LODGED IN NETTING, CLOTHING, OR CROSSE

Section 1. If the ball lodges in the goal netting or in the pads or clothing of the goalkeeper while she is within the crease, she shall remove the ball, place it in her crosse, and put it in play.

Section 2. If the ball lodges in a place inaccessible to the crosse or about the clothing of a player, except as provided for in Section 1 above, the umpire shall whistle and the player must at once remove it and the throw, with her nearest opponent, will restart the game (Rule 14).

Section 3. Should the ball become fixed in the crosse, the crosse must be struck on the ground and the ball dislodged immediately, otherwise the umpire shall whistle and the throw shall be taken where the player caught the ball (Rule 14.)

* RULE 17. FIELD FOULS

A player shall not –

Section 1. Swing or strike her crosse roughly or recklessly up or down on another's crosse.

These types of checking are to be considered rough or reckless:

a. The check on the hand or head.
b. The check with one hand on the crosse when it is swung or flung at a player.
c. The large check which is uncontrolled.
d. The hard check from below upwards which tends to hit the crosse into the face of the player.

Section 2. Reach with her crosse over her opponent's shoulder or head when tackling from behind.

Section 3. Hold down her opponent's crosse, either in the air or on the ground, when her opponent is in possession of the ball.

Section 4. Check or hold down her opponent's crosse when her opponent is *not* in possession of the ball.

Section 5. Detain an opponent by contact with her arms or crosse against her opponent's body.

Note: A player may detain an opponent only by the positioning of her own body, namely body checking (Rule 11, Section 8).

***Section 6. Charge,** shoulder, or back into an opponent.

Note: Charging or shouldering implies motion toward an opponent with unnecessary force and is forbidden.

Section 7. Wrestle with legs entwined, with bodily contact, push an opponent off a ground ball, or hold her crosse over a ground ball without trying to pick it up.

Section 8. Trip an opponent or push with the hand or crosse.

Section 9. Guard her crosse with a raised elbow or one hand off the crosse.

Section 10. Willfully touch the ball with her hands, except as in Rule 16, Sections 1 and 2.

Exception: A player while defending the goal within the goal crease, *may catch or pick up the ball with her hand,* place it in her crosse, and put it in play. She may not throw the ball with her hand but may put it away with her hands or block it in any manner with her crosse or body. (This exception applies to any player who may deputize for the goalkeeper.)

Section 11. Throw her crosse in any circumstances.

Section 12. Kick the ball intentionally, except as in Section 10 Exception.

Section 13. Dangerously flip the ball into the face of an opponent by a lever motion starting with the tip of the crosse under the ball.

Section 14. Move from her position when the whistle is blown, except when a goal is scored, or when directed by the umpire.

Section 15. Touch the ball or impede an opponent in any way unless her crosse is in her hand.

***Section 16. Shoot for a goal** in a manner which, in the opinion of the umpire, is uncontrolled or dangerous.

*Section 17. **Position herself with others on her team** to deliberately obstruct the goal by forming a barricade.

RULE 18. CREASE FOULS

A player shall not –

Section 1. When attacking, have any part of her body or crosse over the crease, either during or after a shot or pass.

Note: A player (attack or defense) may run through the goal crease to field a wide ball.

Section 2. Check the goalkeeper while the latter is within the bounds of the goal crease.

Note: Being within the bounds of the goal crease means that the goalkeeper and her crosse must be within the goal crease.

Section 3. When inside the crease, continue to hold the ball in her crosse, but must pass at once.

Section 4. Draw the ball back into the crease, unless both her feet are in the crease.

Section 5. When outside the crease with the ball, step back into the crease or run across the crease until she has passed the ball.

Section 6. When defending, step into the crease when another defending player is in the crease. (Except as stated in Section 1, Note, above.)

Note: When a defending player is in the crease, another defending player may draw the ball out of the crease, providing both her feet are outside the crease.

* RULE 19. PENALTY

The penalty for a foul shall be a free position.

Section 1. Free Position. All players shall stand. The umpire shall indicate, where the player taking the free position is to stand, as well as other players; to insure the advantage for the player taking the free position. No player may be nearer than 5 yards to this player. The player awarded the free position shall then take the ball in her crosse, and on the word "Play" by the umpire, the game shall proceed, i.e., the player with the ball may at once shoot, pass, or run with the ball. The free position shall never be taken within 10 yards of the goal line when taken by an attacking player, and this 10 yards shall be measured from the goal line in any direction, at the discretion of the umpire and according to the nature of the foul. Should a foul have prevented an almost certain goal, the umpire shall order any player or players, including the goalkeeper, from between such free position and goal.

Section 2. In case of two opponents fouling simultaneously, the umpire awards the throw (Rule 14).

Section 3. For rough or dangerous play or misconduct. In addition to awarding a free position, the umpire may also warn the offending player or suspend her from further participation in the game.

***Section 4. The umpire shall penalize any play which,** in her judgment, violates the intent of the rules. The intent of the rules is to prescribe an open, free skillful game devoid of roughness and dangerous play.

QUESTIONS AND ANSWERS ON LACROSSE

1. When may substitutes enter the game?

   Answer: In high school and college games, at the discretion of the umpire when the play is away from the area where the substitution is to occur. In other games, only in case of injury.

2. May the hand be used to release a ball stuck in the crosse?

   Answer: No. Once this has been discovered, the crosse must be immediately struck on the ground to release it. If the player continues to run, or if the umpire must sound her whistle, the throw is taken.

3. Is it a foul if a player slips her top hand down to the middle of the crosse?

   Answer: No. A foul has not been committed. However, as this player has less control of her stick, she should be carefully watched for dangerous checking.

4. When is a player called for illegally guarding her crosse?

   Answer: If a player, whose opponent is in position to crosse check, raises an elbow or arm to prevent this check, a foul should be called. A player, who is playing the ball with one hand on her crosse, should not be penalized unless she is illegally guarding her crosse.

5. May a player cross the crease to reach a free ball or get to her opponent more quickly?

   Answer: A player may cross through the crease to field a wide ball. She may not cross the crease to reach her opponent more quickly.

6. Is a goal scored, if the ball goes into the goal off a nonplayer?

   Answer: No goal. Game should be restarted by the throw, 10 yards to the side of the goal.

7. Why should goal umpires use a whistle to signal any violations of the crease rather than the flag?

   Answer: Play should be stopped immediately when a foul is called and not all players would notice a waving flag.

8. May a defending player with the ball run through the back of the crease to make a better clear to her wing?

   Answer: No player may enter the crease with the ball. If this occurs, the attack is given a free position, 10 yards out and to the side of the goal.

9. If two players are going for an aerial ball and one hits the other's stick to get it out of line with the ball, should a foul be called?

   Answer: No player may check the crosse of an opponent not in possession of the ball. A foul should be called and a free position awarded.

10. When a player is body-checking an opponent and body contact occurs, how is it possible to tell who is at fault?

    Answer: Deliberate charging is quite easy to detect. A good rule to follow is if the body-checker is moving back and is brushed on a dodge, the attack is usually at fault. However, if the defending player makes her turn on the dodge and body contact ensues, it is probably her fault.

11. If a dog gets onto the field and interferes with the play, what is the procedure?

    Answer: The umpire shall call time-out and have the dog removed from the field. Play should be resumed by the player in possession of the ball when the time-out was called or, if no player had possession, by the throw.

12. On a draw, what is the decision when one player moves her crosse before the whistle or signal to draw is given?

    Answer: The player is warned and the draw is taken again. If this continues, her opponent is awarded a free position.

13. Is a zone defense permitted in lacrosse?

    Answer: There is no rule to forbid the defense in setting up a zone to protect the goal area. However, a defensive barricade in front of goal is illegal.

14. What is meant by "pushing" an opponent's crosse?

    Answer: This is the type of foul which may happen on a crosse check. The stick is hit against the opponent's and not removed immediately as in a tap. This hinders the ball carrier's cradling

motion and breaks the rhythm. It should be called and a free position awarded.

15. May the goal umpire referee the play behind and near the goal?

    Answer: This must be decided by the umpires before the game is started. Usually, if the goal umpires are rated, the field umpire will ask the goal umpires to make decisions on out-of-bounds and fouls behind the goals. Only competent people with a full knowledge of the rules should be asked to be goal umpire.

16. May an umpire call a play which looks dangerous even though no foul has occurred?

    Answer: The umpire is empowered to use her discretion to keep the game free from unnecessary roughness. For instance, in a scramble for a ground ball among inexperienced players, she might wish to call the throw to open up the play and prevent an accident.

17. The goalkeeper puts one foot outside the crease to retrieve a ground ball. May she step back into the crease to clear the ball?

    Answer: No. Once outside the crease may not bring the ball back in with her.

18. Must all players remain where they are when the umpire calls "Stand"?

    Answer: All players must "stand," including the goalkeepers.

19. Is it a foul to kick the ball?

    Answer: It is a foul only if the ball is kicked intentionally.

20. On a center draw, may both attack wings of one team line up on the same side of the center circle?

    Answer: It is legal for the players to position themselves in preparation for the draw as long as they are outside the center circle.

21. May men's lacrosse sticks be used?

    Answer: Only if they conform to the specifications as described in Rule 1. The Crosse.

Figure 1.
The schoolgirl seen here is practicing long shots. Note the follow-through.

INTERPRETATIONS

Inquiries on interpretations of rules must include a stamped, self-addressed envelope and should be addressed to Janet E. Demars, 3 Kay St., Worcester, Mass. 01602.

In writing, please include the number and the section of the rule to which your inquiry refers.

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